

femina
hip

HALIUZWI

JANUARY-MARCH 2021

femina

The Tujibebe Drama
Rafiki ni nani?



Ridhaa!
A vaccine for me

WASILIANA NA FEMINA

Hello. Naitwa Sumaiya

Mambo?
Naitwa Mary

Shwari?
Asha hapa

Hi there!
Naitwa Susan

Hi. Naitwa Jennifer

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

3 GOOD HEALTH
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16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS

Happy New Year!

2021 is starting on a great note with this very comprehensive Fema issue on Body Concerns and Curiosities! Have you ever wondered about puberty and everything that comes with it? Well, Fema issue 58 has all the answers as we look into the menstrual cycle, hormones, body changes and so much more!

Have you ever listened to the Tujibebe Drama on radio? Our Cover story features the entire cast of the Tujibebe team, and they discuss embarrassing body concerns that happen during puberty! Meet Tunu, Lulu, Jojo, Mariosi and Tabia as they share with you all the drama that happens in their netball team!

Our Sema Tenda rolls out knowledge about the HPV vaccine! What it's for and how its administered. It may be coming soon to your school so read on and learn all about it.

Girls! Do you have a million questions about menstruation? Anti Cos decided to help and explain all about menstruation in this issue's menstrual health management article! Learn about the cycle, its calendar days and what to expect! And to our HeForShe Champions, this one's for you too!

Boys! You know those embarrassing moments when you wake up in the morning? It's all explained in our Cartoon Story! Read more and find out!

And in this edition's Story Yangu, Kassim, a young boy from Mwanza, shares with us the curiosities he had while going through puberty and how each of the developments puzzled him! See what Kassim went through and how he overcame all the challenges.

Yes! This is it! This is what Femina Hip meant when we said Fema magazine is like the friend you never had! A full issue on everything you have always wondered about; all the questions you have but are sometimes afraid to ask!

So! dig in!



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CARTOONS
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DISTRIBUTION
EAM Logistics Ltd.

PRINTING
Tanzania Printers Ltd.

This issue of Fema is made possible by the generous support of the Governments of Sweden (Sida) and Denmark (DANIDA).

Editorial Partnership in this issue:
GIRL EFFECT

The contents are the responsibility of Femina Hip and do not necessarily reflect the views of the sponsors.



MIKASA KIBAO!

SO MUCH DRAMA!

MSALA MWILINI MWANGU

Jamani! Tena! Hii hali inazidi kuwa mbaya! Kila mtu atanicheka!

"Jojo," nilimwambia nahodha wangu wa *netball*. "Nakwenda uani tena!"

Nilitembea kuelekea chooni nikiwa sina amani, kufika tu nikaanza kujikuna huku mlango ukiwa unajifunga. Kwarara kwarara kwarara. Ilishaanza kuwa shida kubwa. Mwasho huu! Huu mwasho huku chini. Hapa katikati ya miguu yangu. Na wala haijawahi kunitokea kabla! Itakuwa nini? Nilichanganyikiwa. Na ilikuwa inatia aibu! Nafanyaje sasa?

Nilirudi uwanjani, uso ukiwa 'mdogo', ingawa nilijaribu kuficha ile hali, ilikuwa bayana kwamba kuna jambo haliko sawa. "Uko sawa Tunu?" Jojo aliniuliza.

"Ndiyo! Niko poa." Nilidanganya.

Ndiyo. Huyu ndo mie, Tunu. Binti wa miaka 14 anayependa kupika, kucheza *netball*, kuspend time na marafiki na kusikiliza muziki! Ona sasa, nawaongopea rafiki zangu! Halafu mimi huyuhuyu nachukia watu wambea na waongo! Sipendi kabisa hizo tabia! Mungu wangu! Maisha yangu yana mikasa mingi – mikasa mpirani, visa vya mdogo wangu, visa vya best angu, na sasa msala huu unaonisumbua akili unaohusu mwili wangu – huyu ndo mie! Visa kama vyote!

MY BODY DRAMA

Oh no! Not again! This situation was getting worse! Everyone was going to laugh at me!

"Jojo?" I reluctantly said to my netball captain. "I have to go to the bathroom again!"

I walked uncomfortably to the bathroom, and immediately began to scratch as soon as the door closed behind me. Scratch, scratch, scratch! It was becoming a big problem. This itch. This itch down here. Here in between my legs. One that had never happened before! What could it be? I was so confused. And it was so embarrassing! What was I going to do?

I walked back to the court, a cringe on my face, and though I tried to hide it, it was clear that something was wrong. "Everything okay Tunu?" Jojo asked me.

"Yes! Everything is fine." I lied.

Yes. That was me, Tunu. The 14-year-old who loves cooking, playing netball, hanging with my friends and listening to music! Here I am, lying to my friends! Yet I myself hate gossipers and liars! That is no no for me! Oh gosh! My life has so much drama - my netball drama, my sister's drama, my best friend's drama, and now this very embarrassing drama with my body – this is me! So much drama!



VITUKO VYA BEST ANGUS

Kama unanifahamu, basi unafahamu pia kwamba muda wote nakuwa pamoja na Rehema. Ana miaka 14 kama mimi! Tunafanya kila kitu pamoja, kuanzia kupata chanjo ya kwanza ya saratani ya shingo ya kizazi shuleni hadi katika mchezo tuupendao, *netball*. Mwanzoni, sikuwa katika timu, lakini Rehema ndiye aliyenishawishi nijiunge. *Hobby* zake zinafanana na zangu! Yeye pia anapenda kupika, kucheza *netball* pamoja na kujisomea!

"Rehema, nahitaji kukwambia kitu," niliteta naye baada ya mazoezi. Nilitaka kumweleza kuhusu tatizo langu la kuwashwa. Nilihiti kumweleza mtu.

"Tunu, sio sasa hivi. Tumalizane kwanza na masuala ya mpira na kazi za shule. Tusizungumzie mambo yasiyokuwa muhimu.

Tatizo ambalo lilikuwa linausumbua mwili wangu... lilikuwa linatia aibu, na sikujua nimwelezeje. Nilipojaribu, alitaka tuzungumzie mpira tu! Nilihihi hanipi msaada wowote.

Majibu ya Rehema yaliniumiza. Alikuwa rafiki yangu wa karibu sana. Siku zote nilidhani ni kzungumza na marafiki unapokuwa na tatizo.

MY BESTFRIEND'S DRAMA

If you know me then you know I'm always with Rehema. She's 14 years old just like me!

We do everything together from taking the HPV vaccine for the first time at school to playing the fun game of netball. At first, I wasn't on the netball team, but it was Rehema who asked me to join. She also shares my hobbies! She too loves cooking, playing netball and studying!

"Rehema, I need to tell you something." I told her, when netball practice was over. I needed to talk to her about my itch. I needed to tell someone.

"Not now Tunu. Let's concentrate on netball and schoolwork. Let's not talk about unnecessary things.

The problem I was experiencing with my body.... it was just too embarrassing, and I didn't know how to talk to her. When I tried, she only wanted to talk about netball! It felt like she wasn't supporting me.

Rehema's response really hurt me. She was my closest friend. I always thought it was important to talk to your friends whenever you were facing a problem.



VISA VYA MDOGO WANGU

Nina mdogo wangu Lulu, yeye ana miaka 13. Ni mwanafunzi wa kidato cha kwanza na zaidi ya yote, anapenda mambo matatu; dansi, dansi, dansi! Siku moja, sio muda mrefu uliopita, Lulu alisikia kuhusu *trip* ya shule ambayo ilikuwa inaandaliwa! Alifurahi sana. Lakini pia alikuwa na wasiwasi kwasababu haikuwa rahisi kwake kupata pesa. Alimbembeleza mama, hatimaye mama akampatia fedha za kulipia *trip* hiyo. Sijui ilitokeaje, wapi, lakini wakati anakwenda kwa mwalimu kulipa kwa ajili ya *trip* ndipo alipogundua kwamba amepoteza zile pesa! Mungu wangu! Kama nilivyosema, mikasa kibao!

MY SISTER'S DRAMA

I have this little sister Lulu, who is 13 years old. She is an active form one student and above everything, she loves three things; dancing, dancing and more dancing! One day, not too long ago, Lulu heard about a school trip that was coming up! She was so excited. But she was also worried because money wasn't easy to get. She begged and begged mama, and finally mama gave her the money to pay for it. I don't know how, and I don't know where, but just as Lulu was going to the teacher to pay for the trip, she realized she had lost the money! Oh my, like I said, too much drama!



KASHESHE MPIRANI

Tatizo lilelile likajitokeza tena kesho yake tukiwa mazoezini! Mwasho. Mwasho. Mwasho.

"Samahani jamani, nahitaji kwenda uani!"

Jambo hili lilimuudhi sana Rehema! Alitaka kujua kwanini sikuwa najituma kwenye mazoezi! Kwanini natoka kila wakati!

"Nawashwa huku chini Rehema!" Niliropoka Rehema alipojaribu kunigombeza. "Hiki ndicho nilichotaka kukueleza!"

Rehema hakujibu chochote. Badala yake aliondoka. Anatokea katika familia ambayo imegubikwa na ukimya, mada kama hizi huwa hazijadiliwi. Daah! Nilivunjika moyo. Kumbe kocha wetu alitusikia, akaja pale nilipokuwa na kuanza kunipa ushauri. Alishauri niende hospitali, na ingawa nilikuwa nalazimika kwenda peke yangu, bado niliona ni ushauri mzuri, hivyo niliamua kwenda!

Safari yangu ya hospitali ilikuwa nzuri. Niligundua kwamba nilikuwa nasumbuliwa na fangasi. Na kwamba ni kawaida na huweza kusababishwa na athari za baadhi ya dawa. Pia inaweza kusababishwa na uchovu uliokithiri au mabadiliko ya mwili wakati wa ukuaji. Nilihitaji tu kutumia dawa na tatizo lingendoka haraka tu. Daa! Nilijiona nimetua mzigo!!

Lakini, ambacho sikuwa najua ni kwamba, mmoja wa rafiki zangu na ambaye tuko naye katika *netball*, aliniona nikiwa hospitali! Hivyo haikuchukua muda wakawa wamegundua na kuanza kunijadili mpirani. Rehema alimweleza Tabia kuhusu suala langu. Niliumia sana. Sikujisikia kufanya chochote ila kwenda nyumbani tu!



NIKATATUA MISALA YOTE!

Nafurahi nilipata msaada pale hospitali! Halafu, ujue nini? Mimi na Rehema tulifanikiwa kumaliza tofauti zetu pia! Tuliyazungumza. Ungemsikia sasa alivyosimama upande wangu wakati baadhi ya rafiki zetu walipokuwa wananisakama tukiwa kwenye foleni ya kuchoma chanjo ya saratani ya shingo ya kizazi shuleni! Nilijisikia vizuri kwamba sasa ananisaidia! Na Lulu? Mimi na Lulu tulipata wazo zuri la namna ya kutatua msala wake! Tuliamua kuuza ubuyu wakati wa mazoezi ya mpira katika kituo cha vijana! Watu wengi walinunua, tena, ujue nini, Jojo naye alichangia kwa kuturuhusu kufanya mazoezi kwa zamu! Unaona! Hakuna mikasa tena!



MY NETBALL DRAMA

The same thing happened again the next day at practice! Itch. Itch. Itch.

"I'm sorry guys, I need to go to the bathroom!"

This made Rehema so upset! She wanted to know why I wasn't concentrating and dedicating myself to practice! Why was I always leaving!

"I have an itch down there Rehema!" I blurted out when Rehema confronted me. "It's what I've been trying to tell you!"

Rehema didn't respond. Instead she just walked away. She came from a quiet family that didn't discuss topics like these. Oh how broken I felt.

But our coach overheard us and walked up to me to give me counsel. She suggested I go to the clinic, and though I had to do so alone, I still thought it was great advice, so I decided to go! It was a great visit at the clinic. I learned that what I had was called a yeast infection.

A yeast infection is very common and can be a side effect of some medication. It can also happen when you are run down or as your body changes when you grow up.

All I needed was some medication and all would be well soon! What a relief!

But what I didn't know was, one of my friends and fellow netball player, had seen me at the clinic! So, it wasn't long before my issue was soon found out and discussed at Netball. Rehema told Tabia about it. I was really hurt by this. All I wanted to do was go home!

SOLVING ALL MY DRAMAS!

I'm so glad I got help for my health problem from the clinic! And guess what?

Rehema and I managed to solve our issues also! We finally talked about it.

You should have heard how she stood up for me when some of our friends were being mean to me as we queued for the HPV uptake at our school! It felt good to finally have her support! And Lulu? Lulu and I came up with a great idea to solve her issue! We decided to sell *ubuyu* during netball practice at the Youth Centre! So many people came to buy, and you know what, Jojo chipped in too by allowing us to practice in turns!

See! No more drama!



Fema clubbers, vipi huko? Je, umewahi kupatwa na mkasa wa aibu? Hizi hapa ni njia chache za namna unavyoweza kumsaidia rafiki yako anayepitia wakati mgumu:

TIPS KUHUSU URAFIKI KUTOKA KATIKA TIMU YA TUJIBEBE!

- * Jikumbushe kwamba kila mmoja katika maisha yake anaweza kujikuta katika mkasa unaotia aibu. Hauko peke yako.
- * Usikonde. Hata kama msala unaonekana mgumu sana, fahamu tu kwamba yatapita. Jifunze kutokana na hali hiyo na sahau!
- * Jikite katika mambo yanayokujenga. Kadri unavyoyawaza matatizo ndivyo yanavyoonekana makubwa. Fanya kitu kinachokufurahisha!
- * Zungumza na marafiki – wanaweza kukushirikisha jambo fulani walilolipitia na ukakuta linafanana na lako na utawasaidia kama watakumbana na changamoto inayofanana na yako huko mbeleni.
- * Andika namna unavyojisikia: Ni namna nzuri ya kujieleza!

Fema clubbers, how about you? Have you ever dealt with an embarrassing issue? Here are some ways you can support a friend going through a difficult or embarrassing situation:

TIPS ABOUT FRIENDSHIP FROM THE TUJIBEBE TEAM!

- * Remind yourself that everyone has to deal with embarrassing situations in their lives. You are not alone.
- * Take it easy. However tough things might seem, know that things will pass. Acknowledge the situation and let it go!
- * Focus on things that make you feel uplifted. The more attention you give to a problem, the bigger it seems. Do something fun!
- * Talk to a friend - they might share their own experiences of something similar and you'll help them if they face an embarrassing situation in the future.
- * Write down how you are feeling: it's a great way to express yourself!



Tujibebe ni mchezo wa kuigiza unaorushwa redioni ukiwahusisha Tunu, Lulu, Rehema, Jojo, Tabia na Mariosi. Wanajadili wasiwasi na maswali waliyonayo kuhusu miili yao pamoja na mambo mengine wanayokumbana nayo katika safari yao ya ukuaji!

Tujibebe is a Radio Drama featuring Tunu, Lulu, Rehema, Jojo, Tabia and Mariosi. They discuss body concerns and curiosities as well as all other things they face growing up!

Tujibebe



Did you catch the Tujibebe Drama

The Tujibebe drama aired on Clouds FM every Sunday at 5pm! You can still catch some of the remaining episodes! And then every Monday, Wednesday and Friday starting 2 O'clock on XXL, Tune in for discussions about the raised issues in the episodes. Also follow on social media: Facebook @Tujibebe and Instagram @Tujibebetz. Tag your friends too!

Chameleons change color based on mood, not surroundings



Yai lina vitamini zote isipokuwa vitamini C



ATM ya Pads

Ikiwa ni sehemu ya project ya kumaliza elimu ya chuo kikuu, vijana sita kutoka Chuo cha Mtakatifu Joseph wakaja na wazo la kutengeneza 'ATM' ya pads ambayo ingesaidia wasichana shuleni. Wazo hili lilikuja baada ya kuona tatizo la uhifadhi wa pedi katika mazingira ya shule na pia suala la upatikanaji wake. Sasa hivi sio tena project ya chuo, walichokianzisha sasa kimekuwa taasisi inayojitegemea inayofahamika kama Chausiku Foundation. Taasisi inajishughulisha na utoaji wa elimu ya hedhi salama, pamoja na kurahisisha upatikanaji wa pedi mashuleni.

"Mpaka sasa tumeshatengeneza mashine tatu lakini tumefunga moja shule ya sekondari Salma Kikwete, Kijitonyama. Tunatarajia kufikia Januari 2020 tuanze kufunga mashine hizi kwa wingi zaidi," anaeleza David Msemwa, ambaye ni Katibu Mkuu wa Chausiku Foundation. Anaendelea, "Tumeshaona ukubwa wa tatizo mpaka hapa tulipofikia. Lengo letu ni kuwafikia wanafunzi wa kike wote mashuleni Tanzania nzima.



The longest English word is pneumonoultramicroscopicsilicovolcanoconiosis, it is some form of a lung disease. Try to pronounce it!

ROCK CITY NDO MWANZA



NA MESHARK MAGESE AKA SIMPLE

Wengi wamezoea kuniita Simple, ila jina langu halisi ni Meshark Magese. Ni mzaliwa na mkazi wa Mwanza na hakuna chocho ya Mwanza nisiyojua. Basi kama vipi wacha nikupe 'tour' moja kali ya mkoa huu. Twende kazi!



Meshark Magese

Utashangaa mji hadi mawe.

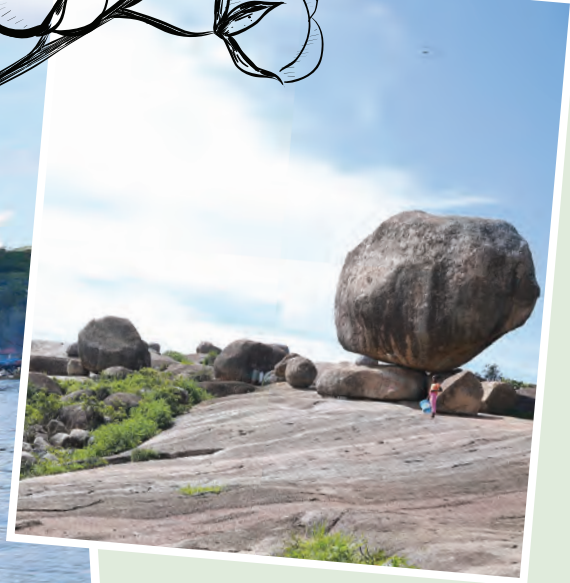
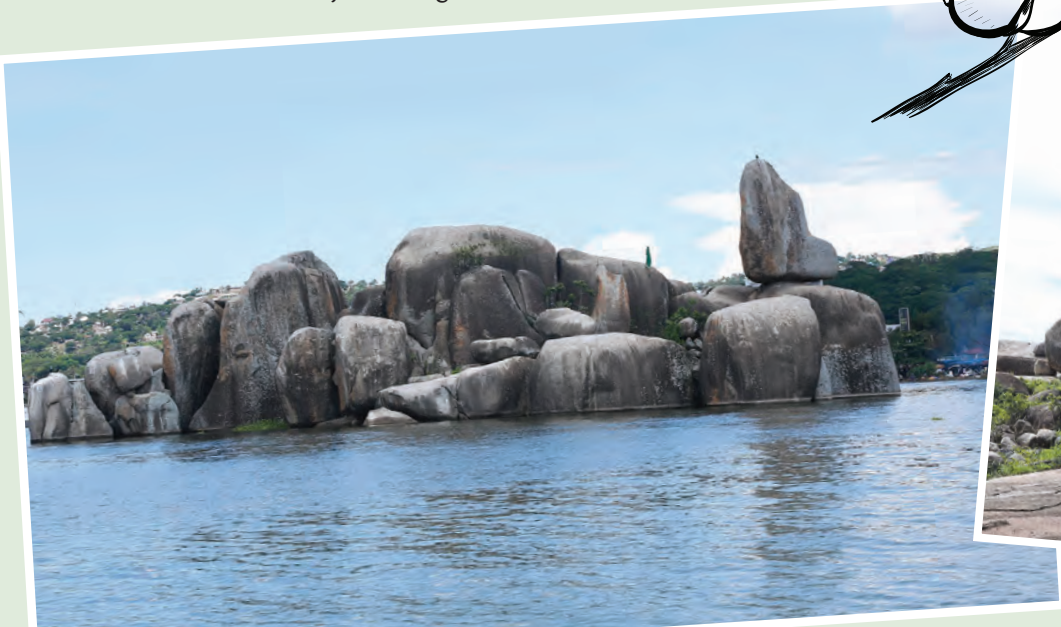
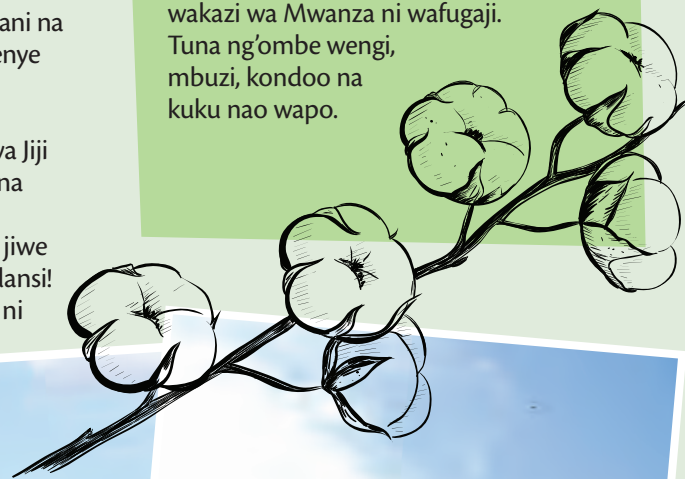
Mwanza imebarikiwa *landscape* moja matata sana! Utashangaa kila kitu, kuanzia mji hadi mawe! Tuna mawe makubwa, yamebebana utasema yanaanguka dakika yoyote, kumbe yako hivyo karne kibao!

Tuanze na Bismarck Rock: Hili ni jiwe ambalo liko ndani ya Ziwa Victoria, jirani na Kamanga Ferry. Ukija Mwanza usikose kusogea ujionee. Liliwahi kuwepo kwenye noti ya Sh 1,000. Ni maarufu kiasi hicho yaani.

Jiwe Kuu/The Dancing Rock: Hili nalo ni jiwe la maajabu ambalo liko juu sana kilimani. Ukifanikiwa kufika juu ya jiwe hili utapata *view* tamu kabisa ya Jiji la Mwanza pamoja na Ziwa Victoria. Inasemekana mtu mmoja maarufu sana katika historia ya kabila la Wasukuma, Ng'wanamalundi, mganga maarufu, alitaka kuwathibitishia watu kwamba ana nguvu za ajabu, hivyo alikanyaga jiwe hili na kuacha alama za nyayo zake pale! Tena inasemekana likiimbiwa linadansi! Anyways, hivyo ndivyo tunavyoambiwa. Ila ninachokifahamu kwa uhakika ni kwamba hii ni *location* moja *amazing* kama unataka kuona *sunset*.

Ardhi yetu mmh!

Sio kila mahali panalimika. No! Sehemu kubwa ya ardhi yetu ina udongo wa kichanga na nyingine ni mawe, hapalimiki! Lakini, sehemu chache zinazolimika kama mvua zikikubali vizuri utafurahi. Tunalima mpunga kama wote, mahindi, viazi, muhogo, mbaazi na mazao mengine. Zao letu kuu la biashara ni pamba. Waijua pamba weye? Lakini pia wakazi wa Mwanza ni wafugaji. Tuna ng'ombe wengi, mbuzi, kondoo na kuku nao wapo.



Kila kitu wastani

Kwenye hali ya hewa napo,
Mwanza tumependelewa! Hakuna
baridi kali wala joto linaloudhi.
Ni hali fulani hivi inayoweza
kumfurahisha mtu kutoka sehemu
yoyote duniani. Tena, kuna 'engo'
fulani hivi ukizifuma utakula upepo
mwanana kabisa kutoka ziwani.
Basi hapo raha huwa maradufu!



Mwanza imejengeka

Tuna Malls zetu za kibabe, mojawapo ni Rock
City. Usisahau ghorofa la *long time* kitambo,
Bugando. Hii ni hospitali ya Rufaa. Kuna
viwanda, barabara za lami, kwenye usafiri ndo
usiseme! Maana unaweza kuja kwa ndege, treni,
basi au meli, kutegemea unatokea upande gani
wa nchi. Tuko vizuri! Baiskeli nayo huwezi
kuitenganisha na Msukuma! Tunapenda baiskeli
aisee! Bodaboda tunazo kwa sana. Daladala
kama zote! Ila kwetu sisi hatunaga *traffic jam*.



Kipengele cha msosi sasa!

Vyakula vyetu vikuu ni ugali wa mahindi,
ugali wa muhogo, wenyewe tunaita udaga,
wali na ugali wa mtama (huu huliwa zaidi
kipindi cha njaa), huku tukisindikiza
misosi hiyo kwa maziwa, mlenda, samaki au
nyama. Kama vipi karibu mezani.

Wavumao ni Wasukuma

Ni kweli kwamba Wasukuma ndilo kabila
lenye watu wengi mkoani hapa, lakini je,
mnaifahamu kwamba kuna watu wa makabila
mengine? Ndiyo. Wapo pia Wakerewe, Wakara
na Wazinja. Hata wageni tunao kibao, hivyo
usishangae ukikutana na Manka, Urigo,
Kamugisha, Koku, Sijali, Shemdoe, Mwakyusa,
Mkude, Barmeda, Patel, Nzitu, Habyarimana,
Brown na hata Churchill! Wapo.

Vivutio kama vyote

Upatapo fursa ya kuja Mwanza, usikose kutembelea Mbuga ya
Wanyama ya Saanane, iliyoko katika kisiwa ndani ya Ziwa Victoria.
Usisahau kwenda Bujora kwenye makumbusho ya
Wasukuma na huko utapata stori kibao.

Ngoma zetu sasa

Ngoma za Wasukuma utamu wake hauelezeki. Tena,
inasemekana zilianzia shambani! Yes. Wana utamaduni wa
kulimiana, kuungana na kulima shamba la mmoja baada
ya mwingine. Ukiwakuta wanalima utawapenda! Wana nyimbo
za kulimia, wanainua jembe na kukatua kwa kufuata mapigo
ya wimbo. Ee bana hii kitu inawapa mzuka! Wanalima hatari!
Wasukuma ni maarufu pia kwa uwezo wao wa kucheza na majoka.



Oops!

Kumbe nshajaza kurasa! Na hapo sijakutajia watu wetu maarufu, wala habari ya kuvutia ya machifu wa
kisukuma! *Anyways* tufanye imetoshwa kwa leo. Kama vipi njoo tu ujionee.

Fema Clubs na Maajabu 18

NA HARIDI ISSA

Kaskazini, Kusini, Mashariki, Magharibi. Tanzania ni moja kati ya nchi zenye maajabu na vivutio vingi sana! Ndiyo maana tunasema Tanzania Unforgettable. Siyo tu vitu na maeneo, hata watu na historia zao. Kwa kifupi, kuna mengi ya kujifunza na *kuenjoy*. Idea ya utalii wa ndani ikaja, tukashare na wanafamilia wenzetu, bwana wee, waliamua kutembea. Mrejesho haukuwa wa kitoto, kama vipi jisevie mwenyewe.

fema
Club



Ripoti kutoka Mikindani.

Sote si tunafahamu kuwa kulikuwa na biashara ya utumwa iliyoendeshwa na wakoloni katika pwani ya Afrika Mashariki? Basi kwa nyakati tofauti, Naliendele na Mnonela kutoka Mtwara walikwenda kupata historia katika eneo maarufu la Mikindani ambapo kulikuwa na soko la watumwa maarufu kama Old Boma na vitu vingine vingi vya kihistoria. Hapo waliona vitu kadhaa likiwemo jiwe la chuma, zito balaa. Jiwe hilo lilitumiwa kupima nguvu za watumwa. Aliyeweza kuliinua alichukuliwa na kuuzwa, aliyeshindwa aliuawa. Pia waliona handaki lililotumiwa kijificha wakati wa vita, na majengo kama chumba cha matibabu na mahakama.

Unamjua Mtemi Rumanyika?

Aliitwa Omukama Rumanyika Daudi Rubasa Ntale (Rumanyika II), mtawala wa Wanyambo. Katika eneo la Bweranyange alijenga ikulu yake iliyoitwa Omuchikale. Hapo ndipo Kawela Fema Club wa Kagera walipotembelea na kupata historia kutoka kwa Jipson William Rumanyika, mjukuu wa Mtemi Rumanyika. Ndani ya ikulu hiyo kuna nyumba na vitu mbalimbali vya asili. Kuna Kagondo iliyotumika kama mahakama, na nyumba nyingine kadhaa. Katika eneo hilo pia kuna mageraza mawili, Rwenyange lililokuwa la wanawake na Rwebagila la wanaume. Historia ni ndefu na tamu sana, hapa hapatoshi kuimaliza.



Buyuni ndani ya DarNature.

Buyuni Fema Club walisogea kilometa 5 tu wakafika DarNature. Hiki ni kituo kizuri cha kutalii na kujifunza masuala ya *Biology* na *Geography*. Kuna vitu kadhaa vya kuvutia ukiwemo mlima wa Mtete, ambao ukisimama juu yake unaweza kuona majengo marefu ya katikati ya jiji la Dar. Katika eneo hili kuna miamba, mito na mimea. Kuna bustani za miti zilizoanzishwa na Wamarekani na Waswiss. Hivi, unajua kuwa huruhusiwi kukata mti aina ya Mvule hata kama umeota kwenye eneo lako? Buyuni walipewa elimu hiyo, na wewe ichukue.



Mufumbu walienda Kijiji cha nyuki.

Eneo hilo linaitwa Ifoneo, na ni neno la Kinyaturu lenye maana ya kupona. Hapo zamani palitokea baa kubwa la njaa. Wanaume waliona kufa wakiwa nyumbani ni aibu. Waliamua kwenda kufia porini. Katika safari hiyo walifikia sehemu hii yenye jabali ambapo ndani yake kulikuwa na asali nyingi sana. Bahati iliyoje? Basi walianza kurina asali hiyo ambayo iliwanusuru kufa kwa njaa. Panaitwa Kijiji cha nyuki kutokana na uwepo wa nyuki wengi. Mufumbu walipotembelea huko hawakuondoka hivi hivi, walipewa zawadi ya mzinga wa nyuki. Si unajua mambo ya Singida?



Bumaswa wa Mara wapata somo.

Iliwachukua saa moja kufika kwa mzee Werema Chacha Marindo mwenye umri wa miaka 83, mzee huyu alikuwa na wake 11, wawili walifariki hivyo, amebakiwa na tisa. Ana watoto 57, wajukuu zaidi ya 40 na vitukuu zaidi ya 25. Anasema iliaminika kuwa ili upate mali nyingi ni lazima uwe na nguvukazi kwa kuwa na wake na watoto wengi. Kwa familia nzima, hutumia kg 400 za mahindi kwa wiki. Kipindi cha njaa, huuza ng'ombe mpaka sita kwa mwezi ili aweze kununua chakula. Amesema urithi pekee kwa wanawe ni ardhi maana wemekataa kuendelea na elimu ya sekondari. Somo kubwa walilopata ni changamoto za kuwa na wake na watoto wengi. Moja ni familia kukosa baadhi ya mahitaji ya msingi. Pili, malezi yanakuwa ni magumu. Mfano, watoto wanapokataa shule, mzazi hushindwa kuwasimamia waweze kupata elimu. Sisi vijana wa kisasa lazima tuoneshe tofauti.



Misungwi wanapenda viwanda hao!

Si mnawakumbuka Misungwi na harakati zao za kutengeneza jam, karanga, mbolea, nk? Basi wao waliamua kwenda kujifunza zaidi juu ya viwanda. Pale Mwanza, kuna kiwanda maarufu cha vinywaji baridi, Jambo Food Products. Wao wakazama. Waliona mchakato wote kuanzia utengenezaji wa chupa hadi kufungasha bidhaa.

Kilimamoja ni kiboko!

Hawa jamaa kutoka Arusha bhana walifunga virago na kuanza safari. Walikwenda Ngorongoro na baada ya hapo wakahamia Dar es Salaam. Walitembelea Uwanja wa Taifa (Benjamin Mkapa Stadium), Makumbusho ya Taifa na Coco Beach. Eeh! nisije kusahau pia walifika mjengoni, Femina Hip. Siku ya mwisho walipitia Mji Mkongwe wa Bagamoyo kuona mambo ya kihistoria. Walitembelea lililokuwa soko la watumwa, na mengine mengi. Waliyojifunza ni mengi sana.



Safari ya mkonge.

Kwedizinga kutoka Tanga walitembelea kiwanda cha mkonge katika kijiji cha Kwaraguru. Hapo walijifunza maisha ya mkonge, ambayo huanzia katika hatua ya kuandaa mbegu, shamba, kupanda, kuvuna mpaka kuchakata ili kupata nyuzi zinazotumika kutengeneza kamba na bidhaa nyingine.



Kyimo nao?

Wao walitembelea Jengo la Nyaraka na Makumbusho Rungwe (NYAMARU), huko huko Mbeya. Walipata nafasi ya kuona vitu kadhaa vya zamani. Ulishawahi kuona mashine ya kuchapa aka typewriter wewe? Cheki kwenye picha hapo. Hiyo ni kabla ya computer, unaambiwa ilikuwa ukikosea, unachana ukurasa mzima, hahaha! Siyo hiyo tu, walikutana na nyaraka za kale na mengine mengi.





Kimani walitembelea machimbo.

Ulishawahi kujiuliza *tiles*, vyombo vya udongo na gypsum vinatoka wapi? Sasa, karibu na shule ya Sekondari Kimani mkoani Pwani kuna machimbo ya udongo uitwao Kaolin unaotumika kutengeneza bidhaa hizo. Machimbo hayo yalianza mwaka 2016.

Ndobo ufukweni.

Kutoka Kyela, Mbeya, Ndobo waliamua kusogea Matema Beach. Katika ufukwe huu wa Ziwa Nyasa kuna mengi yanayofanyika, mojawapo ni utengenezaji wa vyungu, eeh, mambo ya ufinyanzi.



Mwandet walidata na Kilimamoto

Kutoka pande za Arusha, Mwandet walitembelea eneo litwalo Kilimamoto. Kwa Kimaasai panaitwa "Olokuto", maana yake ni bonde kubwa. Eneo hili awali lilikuwa na kilima cha kawaida ambacho kililipuka volkano na kutengeneza bonde hilo kubwa. Ukisimama hapo unaweza kuona kilima kingine kidogo kijulikanacho kama "Engutoto", kwa maana ya bonde dogo. Jamaa walifurahia sana 'trip' yao.



Mzalendo wa kuigwa.

Huyu ni Captain Waziri C. Makubi aliyezaliwa mwaka 1945, aliingia jeshini mwaka 1964 na mwaka 1979 alipigana vita ya Kagera. Baadaye aliteuliwa kuwa mkufunzi wa jeshi la Uganda maarufu kama Jinja. Mwaka 1984 alirejea Tanzania ambapo alikwenda Musoma kuanzisha kikosi jeshi cha 29 (29KJ) kama Kaimu Mkuu wa kikosi. Pia, alikuwa ni miongoni mwa wakufunzi wa wapigania uhuru wa Angola na Afrika Kusini. Yeye pia ni miongoni mwa waanzilishi wa Jeshi la Kujenga Taifa (JKT) mwaka 1963. Mwaka 1994 alienda Ujerumani kupakia vifaru na kuja navyo nchini. Alistaafu baada ya kulitumikia Taifa lake kwa miaka 25. Kwa sasa anaishi Msimbu, mkoa wa Pwani. Huko ndipo ndugu zetu wa MsimbuFema Club kutoka mkoa wa Pwani walipomtembelea na kupata historia yake.



Hii ni mara ya kwanza kwa Walla.

Wao wanasema, kabla ya hii, hakukuwahi kuwa na tour yoyote tangu shule ianzishwe. Wana- Fema wakaweka historia hiyo kwa kutembelea Hifadhi ya Taifa ya Kisiwa cha Saanane iliyopo huko huko Mwanza. Walipata elimu pamoja na kufurahia vivutio vilivyopo huko. Pia walipata wasaa wa kutembelea Rock City Mall.



Mawe ya mapacha

Kulikuwa na imani kuwa mapacha wanapofariki na kuzikwa kawaida wanafamilia walipata ugonjwa wa ngozi. Hivyo badala yake wanafamilia walitambika na kuwapeleka kwenye pango lililoitwa kwa Kihaya "Amabale g'abalongo" yaani mawe ya mapacha. Hii ni ripoti kutoka Rwemondo ya Kagera. Walipotembelea pangoni hapo walikuta vitu mbalimbali vya kijadi vikiwemo vyungu, vibatari na mifupa inayosadikika kuwa ya binadamu. Mpaka sasa inasemekana huruhusiwi kugusa chochote bila matambiko, ndiyo maana walikwenda na mzee kwanza.





Mto Songwe ni darasa tosha.

Ndugu zetu wa Katumbasongwe, Mbeya walikwenda mto Songwe na kujifunza mambo kadhaa ya *Geography* yakiwemo masuala ya *river erosion, river transportation, river deposition na meanders, na Levees*. Noma eeh? Shule yao ipo karibu sana na mto huu. Hata neno Katumbasongwe ni muunganiko wa maneno 'Katumba' ambalo ni jina la kata yao na Songwe ambalo ni jina la mto huo.

Mlewa walifika katikati ya Tanzania.

Tanzania ni kubwa sana, ulishawahi kujiuliza 'center' yake ipo wapi? Mlewa wamepata jibu baada ya kutembelea Kijiji cha Sukamahela kilichopo Manyoni, Singida. Katika eneo hilo la kitovu cha Tanzania ipo dira iliyowekwa na Wajerumani. Pia, bonde la ufa linaonekana vizuri sana ukiwa kijijini hapo.



Kwani tumemaliza?

Hapana! Clubs zilizoshiriki ni nyingi sana, tatizo nafasi tu haitoshi, ndio maana tukasema tukupe 18 tu kwa leo. Tunajua, changamoto zilikuwepo hivyo pongezi za nguvu ziende kwa wote walioshiriki. Kwa wale ambao hamkufanikisha mnaweza fanya pia ili mjifunze na kufurahi. Kazi ni kwenu; wapi, lini, ni maamuzi yenu, sisi tunasubiri taarifa tujifunze pia. Social media zetu zinawasubiri, hivyo msisahau picha ziwe kali! Ndiyo, tutawaposti huko.



Nash & Glory

What's up watu wa nguvu!

Leo tunakuja pamoja maana mada ya leo ni nzito. Nadhani wote mnafahamu suala zima la unyanyasaji. Wacha tudadavue. Imekuwa kawaida sana vijana kufanyiwa unyanyasaji na kukaa kimya. Hiyo haitakiwi! Unakuta msichana anashikwa na kaka na rafiki zake, au mjomba, baba mdogo, mlinzi au house boy, halafu ananyamaza tu. Hiyo sio sawa kabisa! Ukiona mtu anakushika pasipo sababu na sehemu nyeti, hata kama ni baba yako au mwalimu wako, huo ni unyanyasaji! Chukua hatua, toa taarifa mahali husika na utapatiwa msaada wa kisheria. Hii itakusaidia kujikinga na kujilinda dhidi ya unyanyasaji. Kumbuka, ukatili huo unaweza kuathiri ukuaji wako kiakili pamoja na kisaikolojia. Hata hivyo, kijana unatakiwa uwe makini muda wote. Usijiweke katika mazingira hatarishi. Lakini pia, usishawishike kufanya jambo lolote linalokiuka maadili, nenda katoe taarifa polisi kwenye dawati la jinsia na watoto, au piga simu TAKUKURU kwa namba 113 na moja kwa moja utapatiwa msaada. Mwanafunzi una jukumu la kulinda maisha yako na kujenga maisha yako. Usikubali kupotezewa muda wako na malengo. Jitambue, jiamini na jilinde! Fahamu malengo yako na timiza ndoto zako. Tchau!

Glory & Nash



Tumekuja kujieleza, msidanganyane

NA FEMA TEAM

Tumeambiwa mna maswali mengi juu yetu, tena wengine mnadanganyana. Tuko wengi, kila mmoja atajieleza kadri anavyoweza, almradi utufahamu vizuri na unapofanya maamuzi yako kipindi hiki cha balehe usikurupuke, usiburuzwe na wala usijione wa ajabu.



BOYS TUONGEE MAMBO YETU

Hello! Naitwa *penis*. Hili ndilo jina linalopatikana katika kamusi. Enhee, tena si ndo hilohilo mnalolisoma katika vitabu vya *biology* eenh? Sawa kabisa.

Maskani yangu ni katikati ya miguu. Mwanzoni nakuwa mdogo, lakini kadri siku zinavyokwenda nakua. Urefu wangu ninapokuwa nimesimama naweza kufikia sm 14 (kwa mtu mzima). Lakini, size yoyote niliyonayo, ni poa tu.

Katika kukua kwangu naweza kunyooka wima, lakini inawezekana pia nikapinda kulia, kushoto, juu au chini. Ni *swagger* tu yaani. Vyovyote nikuavyo, ni fresh. Nakuja nikiwa nimevaa sweta. Wengine huchagua kuniacha na sweta, lakini wengine hunivua. Nikivuliwa sweta ni vizuri zaidi, kwani sweta huhifadhi uchafu na kama sikuogeshwa ipasavyo naweza kupata magonjwa.

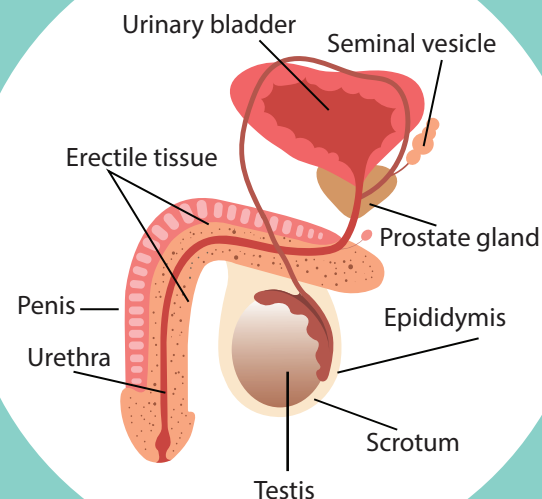
Kazi yangu kubwa ni kupitisha maji machafu yatokayo mwilini. Yaani mkojo. Hii ndiyo kazi ninayoifanya dakika chache kuanzia ninapoingia duniani. Nina kazi nyingine! Tutaiona huko mbeleni! Muda mwingi wa siku nakuwa nimelala, lakini wakati wowote naweza kuamka na kusimama wima, tena bila taarifa. Ni kawaida yangu kusimama kila asubuhi. Hii ni kwasababu usiku kucha nakuwa nimelala, nimetulia tuli, hivyo damu huingia katika mishipa yangu na kubaki huko kwa muda. Mishipa yangu inapojaa damu ndipo ninapokuwa mgumu, nikaongezeka urefu na upana, kisha nikanyanyuka. Hata kwa watoto wadogo nasimama kila asubuhi. Huwa ni haja ndogo tu. Wakikojoa nalala. Unapopatwa na msisimko (hisia za mapenzi), mishipa yangu hutanuka na kuruhusu damu nyingi ije kwangu, hivyo nanyanyuka. Damu inapopungua, nami

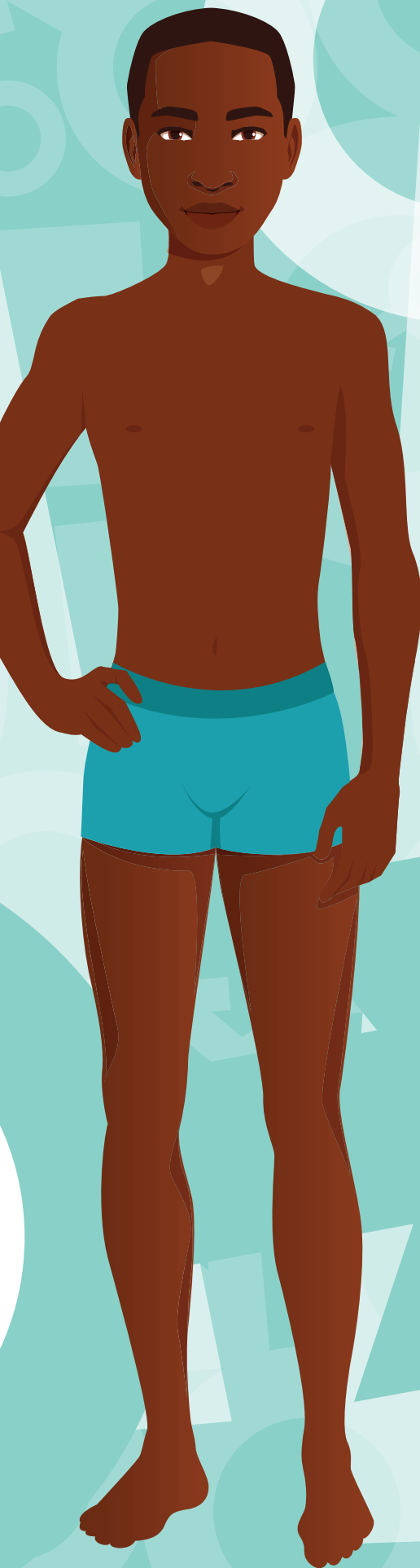
nalala tena. Unachotakiwa kufanya hali hii inapokutokea, potezea kabisa, jikite kwenye mambo mengine ya kimaisha, wala usiniwaze. Nitalala tu.

Enhee, tena wakati mwingine hutokea nikamwaga 'maji' kitandani, bila wewe kujua wala kukusudia! Hii hutokea zaidi ukiwa na miaka 10 hadi 18 hivi. Unaamka tu unakuta lahaulaaaa! Mambo si mambo! Nimesaharibu! Ni hali ya kawaida kwangu na inaonyesha kwamba unakua, unabalehe. Inaweza kukusumbua, lakini itakwisha yenyewe tu. Inaitwa *wet dreams*, yeah, ndoto nyevu, ingawa si wote wanapitia hali hii. Ninao jirani zangu wawili au labda niseme ni mapacha. Wanaishi chini kidogo ya pale ninapoishi. Ni kama wameungana, ingawa kila mmoja ana nyumba yake. Wako kama vigololi viwili vilivyowekwa ndani ya mifuko. Wananing'inia nje ya mwili kwakuwa kwa kawaida hawapatani na joto, hivyo wasingeweza kustahmili joto la mwili ambalo hufikia nyuzijoto 37. Lakini pia hawapendi kubanwabanwa na 'kujaladiwa' kwa minguo kibao. Mara umewafunika kwa chupi, bukta, jeans, tena jeans yenyewe imebana hatari! Wanataka hewa safi na ubaridi kiasi, la sivyo watapoteza uwezo wa kufanya kazi yao ipasavyo. Kwa kawaida unapofikia balehe, wanazungukwa na nywele, kama ambavyo nami nazungukwa na nywele. Ukiwafuatilia unaweza kuhisi kama wanacheza mchezo fulani hivi: maana kunapokuwa na baridi wanasinyaa na kutengeneza mikunjo, joto linapokuja wanalegea, wanalainika na kuning'inia zaidi. Yote hii ni katika kujaribu kujiweka mbali na joto.

Wao ndio kiwanda kinachotengeneza mbegu (sperms). Lakini mbegu hizo zitakapotoka nje ni lazima zipite kwenye bomba langu. Tena ni bomba hilohilo ambalo napitishia mkojo. Mbegu zinapotoka huwa zimechanganyika na majimaji. Kwa kawaida huwa ni ya rangi ya maziwa. Majimaji hayo huzisaidia kuogelea ili zikarutubishe yai kama lipo na hapo ndipo ujauzito hupatikana. Ninapomwaga manii kwa mara moja huwa ni kiasi cha kijiko kidogo tu cha chai lakini ndani ya majimaji hayo kunakuwa na mbegu zaidi ya milioni 300! Upo?

Nimejinadi vya kutosha. Labda niishie hapo. Ila, kumbuka: Usiruhusu nikutawale. Mimi ni kiungo cha mwili wako, hivyo una uwezo wa kutawala matumizi yangu. Naomba nikuhakikishie kwamba sipungui, sikondi, wala sipotezi nguvu zangu usiponitumia. Wakati sahihi utakapofika, utanitumia tu. Kwa sasa, subiri. Byebye!





HAPA NAPO TUELEWANE!

Mimi hapa naitwa *Adam's Apple*. Chimbuko la jina langu ni katika dini. Mnafahamu hadithi ya Adam na Hawa. Si ndio? Enhee, hiyohiyo. Inasemekana kwamba, wakiwa katika bustani ya Eden, Adam alikula kipande cha *apple* kutoka katika mti ambao Mwenyezi Mungu alikuwa amezuia, na sehemu ya kipande hicho ikamkwama kooni! Hahaha. Basi hapo ndipo lilipochipukia jina la *Adam's apple* ingawa si kweli kwamba mimi ndo lile *apple alilokula!* Ni jina tu. Iko hivi: Kwa kawaida, kila mtu ana *vocal cords*. Katika lugha rahisi, *Vocal cords* ndiyo kiwanda cha sauti. Yes. Ndizo zinazotuwezesha kuzungumza, ku-shout, kucheka, kunong'ona na hata kuimba. *Vocal cords* zinapatikana ndani ya kitu kinaitwa *larynx box* – hii nayo kwa lugha rahisi tuseme ni kisanduku cha sauti na kazi yake ni kulinda hizo *vocal cords*. Kisanduku cha sauti (*larynx box*), nacho kinalindwa! Yes. Juu yake kuna lile 'fupa' laini, unafahamu ile kitu ambayo kwenye nyama huonekana kama fupa lakini ukita funa inatafunika? Enhee, hiyo hiyo. Kwa kimombo wanaita *cartilage*. Sasa sikiliza kinachotokea! Kabla ya balehe, wasichana na wavulana wote wana *size* sawa ya kisanduku cha sauti (*larynx box*). Ngoma huanza pale balehe inapochanganya! *Hormones* zinapoanza fujo zake huko mwilini, ndipo ambapo kwa wavulana, *larynx box* huongezeka ukubwa na wakati huo huo *cartilage* huongezeka na kusukumwa nje kwa kadri *larynx* inavyoongezeka. Hili linapotokea, *cartilage* hutuna na kuonekana kama kivimbe fulani hivi. Hicho sasa ndio mimi, *Adam's Apple*. Lakini, kama yalivyo mabadiliko mengine kwenye mwili wako, mimi sitokei tu ndani ya usiku mmoja. Kama sauti yako inapitia mabadiliko fulani, ikiwemo kukwaruza mara kwa mara, hii inaweza kumaanisha kwamba *hormones* zimeanza uchokozi wake ndani kwa ndani, *larynx box* yako inatanuka, *cartilage* inasukumwa nje! Soon mambo yatajipa, sauti yako itakaa sawa.

Kiukweli sina uhusiano wowote na chakula unachokula. Mara nyingi najitokeza kwa wanaume, ingawa kuna wanawake wachache wananipata pia, kama wanavyopata ndevu. Mwanamke kupata *Adam's Apple* hakumfanyi kuwa mwanaume. Lakini pia, ni vizuri tukifahamu kwamba, sio wanaume wote wananipata.

Kiafya sina umuhimu wowote. Yaani kama nipo kwenye mwili wako au sipo ni suala la *genetics* tu. Tena haina maana kwamba mwanaume hawezi kuwa na sauti nzito bila kuwa na *Adam's apple*. Wapo wasio na *Adam's Apple* na wana sauti nzito tu. Ingawa ni kweli kwamba watu wengi wenye *Adam's Apple*, wana sauti nzito.

Baadhi ya watu wana *Adam's apple* kubwa kuliko wengine. Hii ni kwa sababu wana *cartilage* zaidi kuizunguka *larynx box*, au wana kisanduku cha sauti kikubwa. Homoni ya *testosterone* huchokoza ukuaji wa seli mwili mzima. Mifupa ya mvulana huwa minene na mizito. Hatua ya mwisho ya ukuaji wa mifupa ya mvulana ni katika kifua na mabega. Hii huendelea kukua, na kwa wengi hufikia ukomo wa ukuaji wanapofikisha miaka 20. Na hii ndiyo sababu wavulana huwa na kifua kipana zaidi.

Misuli ya wavulana nayo hupitia vipindi vya ukuaji wa kasi sana, jambo ambalo halitokei kwa wasichana. Kwa kawaida misuli yetu imetengenezwa kwa *fiber* (kambakamba). Wanaume, wanapofikia balehe, idadi ya kamba hizi haiongezeki, lakini unene na urefu wa kamba huongezeka. Hii ndiyo sababu wao huonekana wenye misuli mikubwa na yenye nguvu zaidi.

Kwenye msosi sasa!! Ongezeko la *testosterone* linachokoza mengi! Ndipo utakapoanza kuona unapakua chakula mlima na baada ya saa chache njaa inauma tena kama vile hujawahi kula! Ongezeko la kasi la mwili na ukuaji wa misuli husababisha hali hii. Kama msosi unapatikana, kula tu, ila angalia sasa usile '*junk foods*' ukajisababishia *obesity*. Pia kwepa kula sana vyakula vilivyosheheni sukari, chumvi au mafuta. Tuko pamoja?

GIRLS TUONGEE MAMBO YETU

Hi there! Mimi jina langu rasmi ni *vulva*. Na nina hakika nasomeka hivi hata kwenye kitabu chako cha *biology*. Ila, looh! nimepachikwa majina mengine kibao! Tena, sipendi baadhi ya watu wanavyonitumia kutukanana. Sipendi kabisa!

Nami napatikana katikati ya miguu. Baadhi ya sehemu zangu ziko nje lakini nyingine ziko kwa ndani. Kwa nje naweza kufananishwa na tuta dogo ambalo halijainuka kiviile. Tuta hili kwa wengine liko chini zaidi, wengine limeinuka kiasi. Kwa kawaida unapokaribia balehe, naanza kuota nywele katika sehemu hii.

Kazi ya sehemu hii ni kulinda sehemu zangu za ndani ambazo huwa ni laini zaidi na kazi ya nywele hizi ni hiyo hiyo, kuimarisha ulinzi na pia *ku-balance* joto langu.

Kituta hiki ni kama kina 'mashavu' kulia na kushoto, kwa kimombo yanaitwa *labia majora*. Nina 'mashavu' mengine madogo mawili, kwa kimombo yanaitwa *labia minora*. Haya si rahisi sana kuyaona ukiwa umesimama wima. Ni madogo kuliko ya nje.

Nayo kazi yake ni kuendelea kutoa ulinzi kwa sehemu yangu ya ndani zaidi ambayo ni laini zaidi. Na pia 'mashavu' haya (*labia minora*) yana *oil glands* ambazo husaidia kutengeneza kilainishi ili nisiwe mkavu. Tena ni kawaida kwa shavu langu moja kuwa kubwa, jingine kuwa dogo. Kwa wengine huwa marefu kiasi cha kuchomoza kupita 'mashavu' ya nje, wengine mafupi.

Na kwa kawaida kuta zake hazijanyooka, ni kama zina marinda hivi. Wala isikushangaze. Unachopaswa kufahamu ni kwamba, kila mtu ana maumbile yake.

Kabla sijamaliza kujielezea kwa nje, nina kitu ambacho kwa kimombo kinaitwa *clitoris*. Hiki ni maungio ya *nerves* zaidi ya 8,000, jambo ambalo hukifanya kiungo hiki kuwa na hisia kali sana kuliko kiungo chochote katika mwili wa mwanamke. Hapo nimejizungumzia kwa nje. Kwa ndani nako nina stori ndefu sana.

Nina matundu mawili, moja juu, jingine chini; la juu linaitwa *urethra*. Si rahisi kuliona wala kuhisi chochote hapo lilipo. Wengi wenu mnadhani mkojo unatokea palepale inapotokea damu ya hedhi. La hashu. Tundu la chini ndilo hasa linaloitwa *vagina*, na pia linaitwa *birth canal*. Ndilo tundu linalounganisha uke na *uterus*. Kazi yake ni kupitisha damu ya hedhi na enheee, hapo ndipo ambapo ukishakuwa mkubwa, ukimaliza shule, ukawa tayari kwa kuanzisha familia, patatumika kupitisha manii na hatimaye kusababisha ujauzito. Unakumbuka kuwahi kuambiwa mtoto ananunuliwa dukani, si ndio? Haikuwa kweli. Anaingia kupitia hapo na anatoka kupitia hapo hapo.

Nina *cervix* pia. Hii ni sehemu yangu ya ndani iliyokaa kama shingo. Ndiyo sehemu ambayo hufunguka na kutanuka pale mwanamke anapokuwa anajifungua. Vinginevyo huwa imefunga, inafunguka kidogo tu kiasi cha kupitisha damu ya hedhi na majimaji mengine kutoka katika *uterus*.

Nisisahau *fallopian tubes*, *ovaries* na *uterus*. Sikamiliki bila viungo hivi! Kila mwezi *ovaries* hupevusha yai moja na kuliruhusu kuogelea kwa mbwembwe kupitia *fallopian tubes*. Hapo litakaa likisubiri *sperm* ili kwa pamoja vitengeze mtoto. Mimba

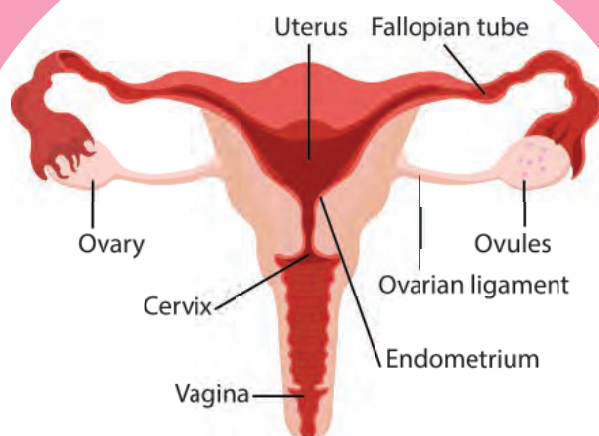
ikishatungwa husafiri na kujishikiza kwenye *uterus*, na mtoto atakulia hapo. Kwenye *uterus* ndipo ambapo kila mwezi hutengenezwa ukuta kwa damu na tishu na kama mimba haikutungwa, ukuta huo hubomoka na kutoka nje kama damu ya hedhi.

Nirudi kidogo katika *vagina*, lile tundu linalopitisha damu ya hedhi. Kwa ufupi tu, tundu hili limezungukwa na tishu nyembamba.

Tishu hii huwa katika maumbo tofauti kwa wanawake tofauti, lakini kinachofanana kwa watu wote ni kwamba halikuzibwa kabisa, ndiyo maana damu ya hedhi inapita kabla hata hakijawahi kuingia kitu chochote ndani ya *vagina*. Kwa walio wengi, umbo la tishu hii ni kama nusu mwezi. Kwakuwa tishu hii haikufunga kabisa, basi si lazima siku ya kwanza utakapojamiiana upate maumivu wala kutokwa na damu.

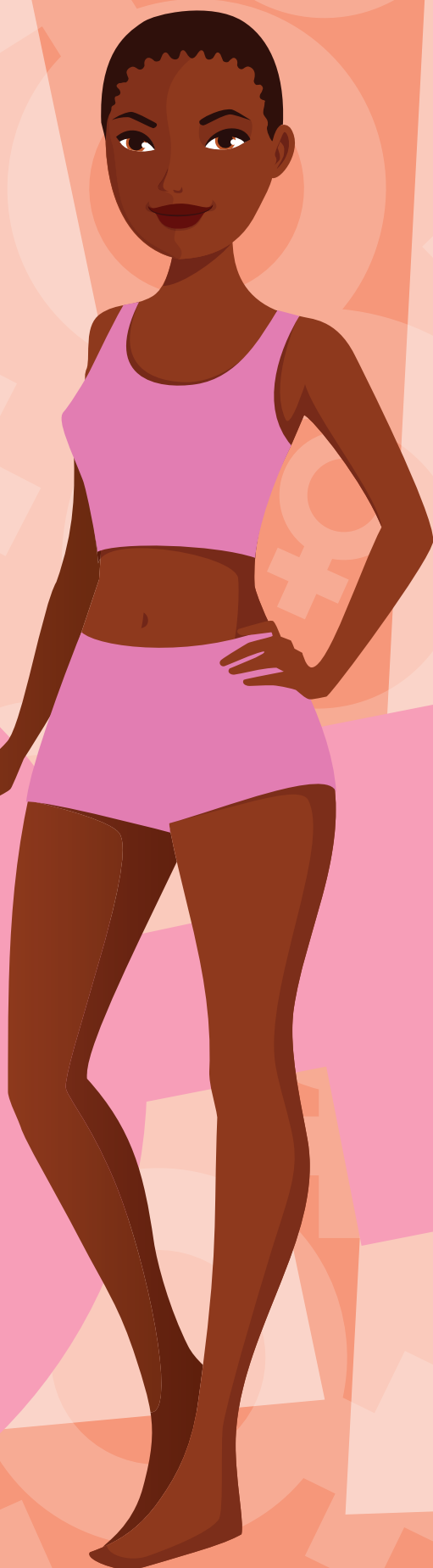
Tena almanusura nisahau kukwambia jambo hili muhimu! Jamani! Mimi najisafisha mwenyewe. Mara kwa mara natoa majimaji na ute kupitia kuta zangu laini, hii ni katika harakati za kujisafisha pamoja na kuhakikisha siwi mkavu. Hivyo usijaribu kunisafisha kwa ndani kwa kutumia sabuni wala kemikali za aina yoyote. Kwa nje sawa, lakini iwe ni kwa maji masafi na sabuni ya kawaida.

Nami nakua kadri unavyokua, lakini nakua kwa kasi zaidi unapobalehe. Huwezi kuona kwa macho, lakini ndani kwa ndani kina changu kinaongezeka. Hadi unapokuwa mtu mzima, kina changu kinaweza kufikia sentimita 14 hadi 15.



KUMBUKA

- ★ Ulaini wangu unanifanya niwe mwepesi kuambukizwa magonjwa endapo hutonilinda.
- ★ Kuanza hedhi haimaanishi kwamba mimi na wenzangu tumekomaa. La hashu. Bado hatuwezi kuhimili mikiki ya ujauzito na uzazi. Subiri.
- ★ Usinitumie vibaya. Naweza kukusababishia mimba na hata VVU.



NASI PIA TUNAWAITA TUTETE

Tulianza kama vidoti viwili tukiwa tumejituliza kifuani tangu ukiwa tumboni. Tena tulionekana kama makovu flani hivi. Tulitulia pale tuli, hatukuwa na mbwembwe. Miaka yote ilikuwa ni kama hatuna kazi, tupotupo tu. Sasa umekua, nasi wakati wetu wa kuonekana umefika.

Homoni ya *estrogen* mwilini mwako imeongezeka, imetuchokoza! Nasi sasa twaja kwa kasi. Tumeanza kuvimba kwa ndani, tunatengeneza vituta kwa nje. Shughuli yetu ya ukuaji si ya kitoto, wakati mwingine tunakuja na vimaumivu fulani hivi, lakini si maumivu ya kukulaza kitandani wala kukupeleka hospitali. Kwa ufupi, sisi tunaitwa matiti, au labda tuseme nyonyo, ooh, siku hizi mna *swagger* flani hivi mnatuita *boobs*. Tupo!

Kwa wasichana mlio wengi, ukuaji wetu sisi ni dalili ya kwanza mtakayoiona wakati mnaanza safari ya balehe. Tunaanza kujitokeza unapotimiza miaka 10 hadi 13 na tutaendelea kukua na kujibumba hadi mnapotimiza miaka 20. Hatuwezi kuwa sawa kwa kila mtu, tena tofauti zetu, ndio uzuri wetu!

Ni kawaida yetu kupishana size; mmoja akaonekana mkubwa, mwingine mdogo. Lakini kadri tunavyosogea hufikia wakati tukalingana tu, ingawa kwa baadhi ya watu huwa tunapishana kwa size mpaka uzeeni! Wakati mwingine tunaweza kujitokeza mapema kwako kabla ya wenzako wa rika lako. Hii inaweza kukufanya ujisikie vizuri, au vibaya. Unaweza kuona aibu na kutamani kutuficha. Haina shida, tunakuelewa.

Sisi tuna kazi moja tu kubwa: utakapofikia umri sahihi wa kuzaa, kipindi chote utakapokuwa umebeba ujauzito, mwili wako utakuwa *busy* ukitengeneza maziwa kwa ajili ya mtoto na kuyahifadhi kwetu, kisha sisi tutakuwa na kazi ya kumlisha mtoto huyo tangu kuzaliwa mpaka atakapotimiza miaka miwili!

Lakini pia nasi tuna *nerves* nyingi, hivyo tuna hisia kali. Usiruhusu mtu atuguse,

kwani tunaweza kukusababishia msimko na kujikuta ukifanya jambo ambalo si sahihi kwako kwa umri huu.

Kwakuwa ngozi inavutika tunapokua, wakati mwingine unaweza kujisikia kuwashwa. Pia unaweza kupatwa na *stretch marks*, maana sasa tunailazimisha ngozi kujivuta sana na kwa ghafla. Usijali. Baada ya muda, mambo yote yatakaa sawa na alama hizo zitafutika. *Areola*, eneo linalozunguka vichwa vyetu, linaweza kuwa jeusi zaidi kadri tunavyokua na pia litaongezeka ukubwa na kusimama wima. Unapovaa nguo, vichwa vyetu vinaweza kuchomoza kwelikweli. Ukiona vipi, tupia bra. Tena, hata mabadiliko ya homoni katika mzunguko wako wa hedhi yanaweza kutusababishia sisi mabadiliko ya mara kwa mara kama kujaa sana, kuuma tunapoguswa au kutingishwa au kuwa na hisia kali zaidi tunapoguswa.

Oops! Tumejinadi vya kutosha!

Wacha sasa tuwatambulishe na wenzetu.

Naam. Ongezeko la homoni ya *estrogen* katika mwili wako halituchokozi sisi tu. Kuna wenzetu ambao pia hujidhihirisha kwa kasi, nao wanaitwa *hips* na *buttocks* (makalio).

Hawa nao huja sambamba nasi, kama tunapishana *timing* ni kidogo tu. Ghafla bin vup, jeans hazikuenei! Kuna sehemu imetuna na inakuja kasi! Usijali! Mwili unajua unachokifanya. Jipe muda, utaelewa tu.

Kumbuka una fupa kubwa kiunoni ambalo ni maungio ya miguu na mgongo.

Linaitwa *pelvis*, wengi mmezoa kuliita nyonga. Fupa hili hukua na kutanuka kwa kasi wakati wa balehe, hasa kwa wasichana, ili kujiandaa kuhimili mikiki ya uzazi.

Fupa hili linapotanuka hufanya kiuno (sehemu ya tumbo) kubaki chembamba.

Na inapotokea homoni ikatengeneza mafuta mwilini na kuyaelekeza hapo kwenye nyonga, basi mrundikano huo wa mafuta na misuli kiasi ndio utakaotengeneza vituta flani hivi, ambavyo ndivyo *hips* au *butts*, kutegemea eneo ambalo mafuta hayo yamejirundika.

Hapo msichana huonekana yuko *curved* zaidi, wenyewe mnasema, kuwa na *shape*!

Tunarudia kusema: Mko tofauti. Kuna ambao mtapata *butts* kubwa, kuna ambao *butts* hazitaongezeka sana, kuna watakaopata vyote *hips&butts* pia na kuna watakaopata kimojawapo au kukosa vyote. Kupata au kutokupata kutategemea vinasaba; Upo best? Volume inatosha? Au niongeze?

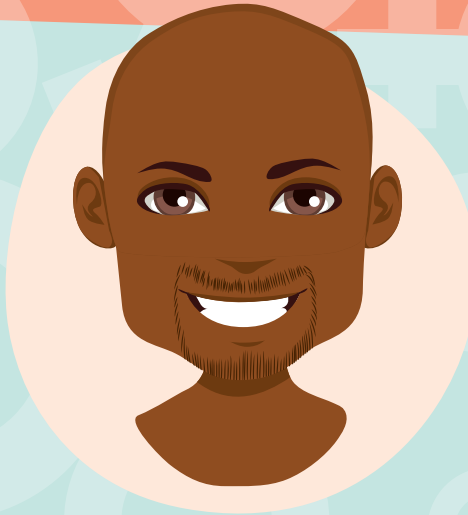


GIRLS & BOYS, HILI LETU SOTE

Hello hello. Sie twaja kwa maringo, tunaitwa nywele. Eenh, nywele. Majina yetu hubadilika kulingana na mahali tunapoota! Tangu uzaliwe, tupo. Lakini, tulikuwa kichwani tu na juu ya macho. Sasa umekua, tunazidi kujidhihirisha. Tunachomoza kila kona ya mwili wako, tena nasi tumechokozwa na homoni. Kwako wewe mvulana, tunachomoza kwenye kwapa, kidevu au labda tuseme usoni, eenh yale mambo ya *mustache* yale. Tunachomoza hata kule maungoni. Tunaota kifuani, mikononi, miguuni na hata mgongoni. Tupo! Kwako wewe msichana, tunaota kwa kasi kwapani na hata maungoni. Lakini hata kwa baadhi yenu wasichana twaweza kuota kidevuni, miguuni, mikononi na hata kifuani, japo ni kwa uchache na sababu tutaieleza mbele ya safari.

Kwa kawaida, tangu ukiwa mdogo, ukiondoa viganja, makanyagio na uso, sehemu nyingine zote za mwili wako zimejaa vinyweleo. Vinyweleo hivi vinausaidia mwili kupumua na vinafanya kazi hii kwa uaminifu kabisa. Lakini mabadiliko ya homoni katika mwili wako yanayotokana na ukuaji, huleta mwikio tofauti katika sehemu mbalimbali za mwili wako. Hivyo kwa sehemu nyingine za mwili, vile vilivyokuwa vinyweleo hukua na kujiimarisha kiasi cha kustahili kuitwa nywele. Ndo sisi hapa. Nywele!

Safari hii hatuzungumzii, *estrogen* ambayo ndiyo tumeizungumza sana katika makala hizi za chezasalama. *No. This time* homoni iitwayo *androgens* ndiyo inayohusika. *Androgens* inafahamika kama homoni ya wavulana kwasababu wanaume ndio wanaozalisha homoni hiyo kwa wingi zaidi na kuitumia, ndiyo sababu wana nywele katika sehemu nyingi za mwili.



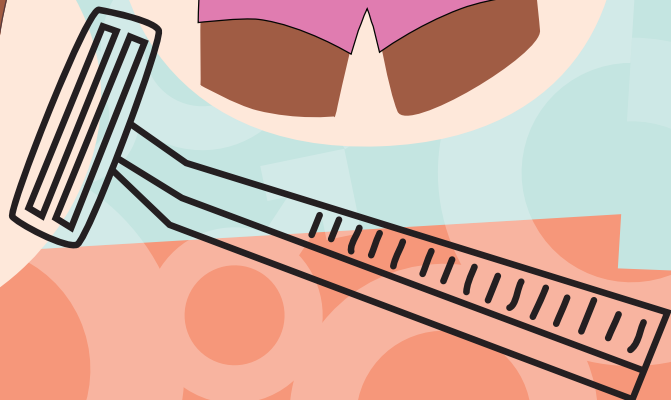
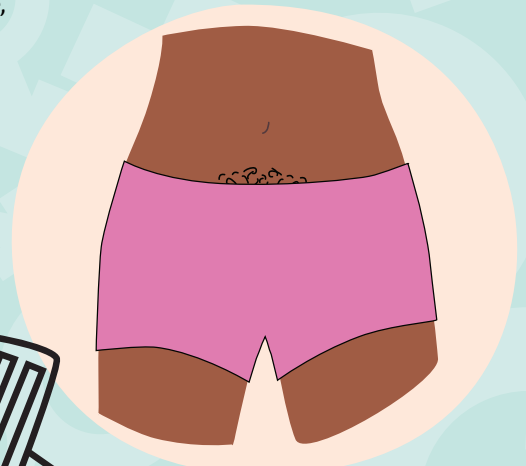
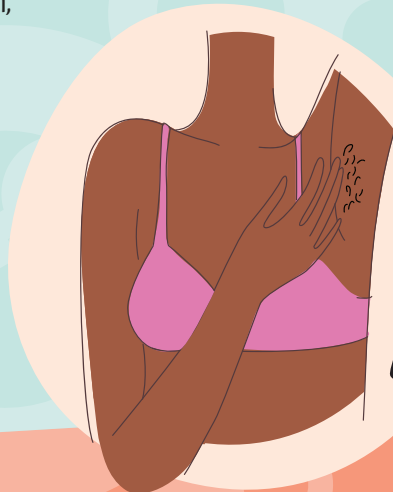
Lakini, kuna baadhi ya wanawake, ingawa si wengi, wanazalisha homoni hii kwa wingi zaidi kuliko wanawake wengine, japo bado ni kwa kiasi kidogo ukilinganisha na wanaume. Hii ndiyo sababu baadhi ya wanawake wana ndevu na nywele za kifuani, ingawa hili haliwafanyi kuwa wanaume.

Haiwezekani kutuamrisha tuote wapi, tuoteje au kutuzuia kuota, kwani kuota na kutokuota, kama mabadiliko mengine ya mwili, pia kunatokana na *genetics*. Tofauti na kipara cha kichwani kinachojitokeza kwa wanaume wanapozeeka, nywele nyingine katika sehemu mbalimbali za mwili huendelea kuota hadi uzeeni. Kwa lugha nyingine, maungoni hakuoti upara.

Baadhi ya watu wana nywele nyingi, nene, wengine wanazo kidogo tu na nyepesi. Wengine nyeusi sana, wengine *brown*. Uwepo wetu sehemu za siri ni muhimu kwani tunailinda sehemu hiyo dhidi ya



michubuko na mikwaruzo. Tunakuwa kama *sponge*, ambayo inalinda sehemu hizo. Lakini pia tunasaidia *kubalance* joto la sehemu za siri kwa kuruhusu jasho litoke. Sasa mambo yamejipa. Bum! Nywele hizo hapo! Ziko kila mahali. Unyoe au usinyoe? Ufanyeje? Hapo sasa uamuzi ni wako. Hakuna sababu za kiafya zinazokutaka unyoe nywele, iwe za maungoni, kifuani au kwapani. Ukiamua kunyoe sawa, ukiamua kukaa nazo hivyo hivyo sawa. Lakini, ukiamua kunyoe, kumbuka kutokuchangia wembe wala vifaa vya kunyoea. Si unajua kuna magonjwa eenh? Kuwa makini pia usijikate kwani vidonda vinaweza kupata *infection* na kuleta shida. Kama umeamua kunyoe hakikisha unanyoa kwa kufuata namna nywele zilivyoota. Si unajua ukitazama nywele hata kichwani unajua vishina vinaota kwa kuelekea wapi? Enhee, basi usiende *against* vishina. Hii itasaidia kuacha vishina vikiwa vimechomoza kidogo ili vinapoota tena visianze kutafuta njia mpya na hatimaye kukusababishia vipele ambavyo wakati mwingine hutunga usaha na kuwa vidonda. Tumeelewana jamani?





BOYS & GIRLS, HII NGOMA YETU SOTE!

Hodi! Mimi nami naitwa harufu! Mmmmh! Harufuuuuuu! Pheeeeeeeew!

Niko nawe kadri unavyoianza balehe. Najua nakusumbua, nakuudhi, lakini uzuri wangu mimi ni kwamba unaweza kunidhibiti na kunifukuza kabisa!

Umekwishajua sasa kwamba balehe inakuja na mabadiliko kibao katika mwili wako.

Ngozi yako ghafla imetanguliwa na *layer* ya mafuta. Ngozi hiyo imeota nywele na kila siku ni kama vile kuna nywele mpya zinachomoza sehemu tofautitofauti. Kwa wanawake, ukeni kunatoa majimaji zaidi, ni utaratibu wake wa kawaida wa kujisafisha lakini pia kuhakikisha huwi mkavu. Ukivua kile kiguo cha ndani saa ya kuoga bila shaka utaona kimechafuka kuliko kilivyokuwa kikichafuka ukiwa mtoto.

Wakati wa balehe, kutokana na mabadiliko ya homoni, *sweat glands* zako nazo ziko bize! Zinafanya kazi zaidi kuliko ilivyokuwa kabla. Mchakato huu unatoa kemikali nyingi pia mwilini. Inawezekana umeshagundua sasa kwamba unatokwa na jasho zaidi kwenye maeneo fulani fulani: kwapani, maungoni, kwenye nyayo na hata viganjani. Haya ni maeneo ambayo kwa kawaida yana *sweat glands* nyingi zaidi. Jasho hili linapokutana na kemikali zitokazo mwilini au bakteria, linatengeneza harufu moja kali sana.

Lakini, uzuri ni kwamba, kutokwa na jasho ni hali ya kawaida ya mwili kujipoza. Ni jambo zuri tu. Ni kama una *air conditioner* ndani ya mwili wako. Hakuna chochote unachoweza kufanya kuuzuia mwili wako usitoe jasho, lakini kuna mambo unayoweza kuyafanya ili kuhakikisha jasho hilo halisababishi watu wafunike pua zao unapopita! Ngoja nikufundishe mbinu za kunifukuza.



* Oga kila siku kwa maji safi na sabuni.

Unapooga jisugue zaidi katika maeneo yanayotoa jasho kwa wingi; kwapani, maungoni na kwenye nyayo. Sabuni ya kawaida inatosha.

* Ukishaoga jifute maji kila mahali, tena jifute mpaka ukauke. Wasichana msisahau kukausha chini ya maziwa pia. Kumbuka, bakteria hustawi zaidi wanapokutana na unyevunyevu.

* Badili nguo zote kila unapotoka kuoga. Vaa nguo safi na kavu. Kubadili nguo kutasababisha jasho jipya lisikutane na la zamani. Hivi umewahi kutoka mazoezi au mchakamchaka ukanusa soksi zako? Ptu! Nguo chafu hunuka jamani!

* Pendelea kuvaa nguo za *material* ya pamba au *linen* kwani zinafyonza jasho vizuri zaidi. Lakini, hata unapofua, fikicha vizuri nguo zako, hasa kwapani na shingoni.

* Ikibidi sana, tumia *deodorant* au *antiperspirant* (kama unaweza kuvipata na kama vinaruhusiwa shuleni). *Deodorant* inachofanya ni kulitia jasho '*perfume*' ili kuzuia harufu yake isisikike sana, wakati *antiperspirant* inachofanya ni kukausha jasho. Lakini kumbuka, si lazima kutumia vitu hivi na si vizuri kutegemea manukato haya badala ya kuoga. Tena kumbuka, kuna watu ambao ngozi zao hazipatani na manukato haya, hivyo ukiona inakuletea vipetele au mwasho, acha.

* Kunywa maji ya kutosha. Umewahi kugundua kwamba unapokunywa maji ya kutosha, hata unapokwenda kukojoa, mkojo huwa sio mzito sana na hauna harufu kali? Vivyo hivyo kwa jasho. Maji yatapunguza uzito na ukali wa jasho linalotoka mwilini mwako.

* Kama una harufu kali miguuni, ni vizuri kusafisha miguu mara kwa mara. Pendelea kuvaa viatu vya wazi na kama ni lazima kuvaa viatu vilivyofunikwa basi ni vizuri kuvaa na soksi. Hakikisha soksi hizo ni za *cotton* na ziwe safi pia.

* Mambo yanapokuwa mambo! Yes. Kama umezingatia yote haya na harufu imekuganda, huenda ikawa kuna shida nyingine. Jisogeze taratiibu katika kituo cha afya kilicho karibu nawe, zungumza na daktari kwa ushauri zaidi.



KUMBUKA

Usafi ndio mambo yote. Ukiuweka mwili wako safi na nguo zako zote katika hali ya usafi, mimi nitaondoka na utanisahau kabisaaaa! Eenh, naitwa harufu na nakuacha na ujumbe huo. Bye!



USILOLIJUA

SASA
INABIDI NA NYINYI
MUWAFUNDISHE
WASICHANA WENGINE
HAYA MLIYOJIFUNZA,
TUKO PAMOJA?

NDIOOO!

ILOMBU ni msichana wa kidato cha tatu shule ya sekondari Salawe. Ni mnufaika wa mradi wa Nguvu ya Binti, Big Sister Little Sister. Amewezeshwa kufanya maamuzi yenye tija kwake na kwa jamii. Sasa amekuwa mmoja wa wasichana ambao ni mfano wa kuigwa.

NYINYI
NDIO VIONGOZI
WA LEO, NA
WADOGO ZENU
NI WA KESHO.
MSIWAACHE
WAPOTEE.

NI KWELI.
NI MUHIMU
KUONGEA NAO
MARA KWA
MARA.

JAMANI
TUKIKUTANA TENA
MJE NA WADOGO
ZENU ILI TUONGEE
SOTE KWA
PAMOJA.

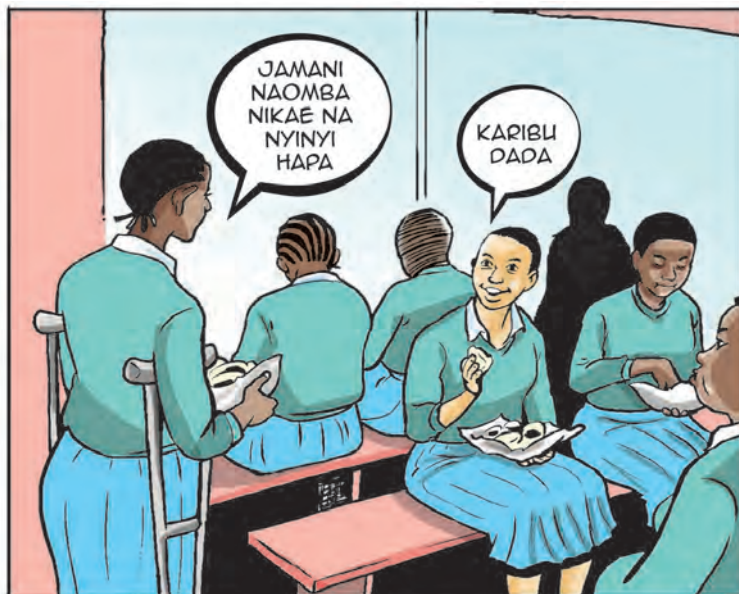
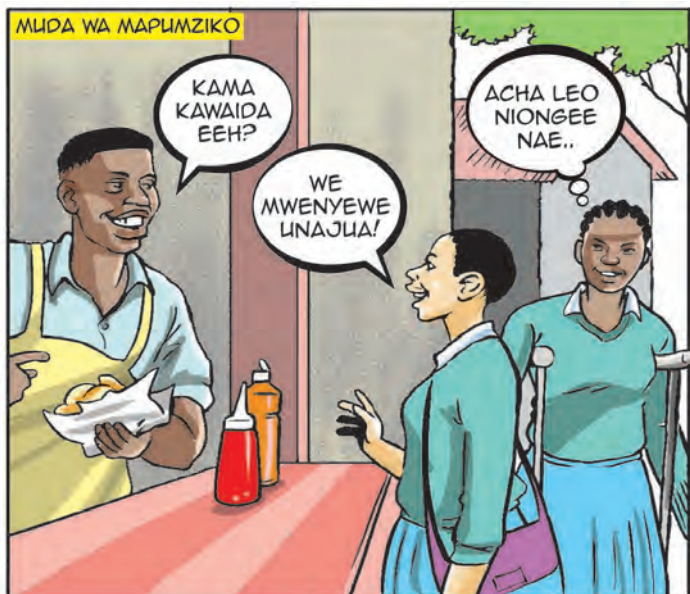
SAWA
MWALIMU!

MMH
MWANAFUNZI
ANAPATA WAPI
SIMU KALI
HIVI?

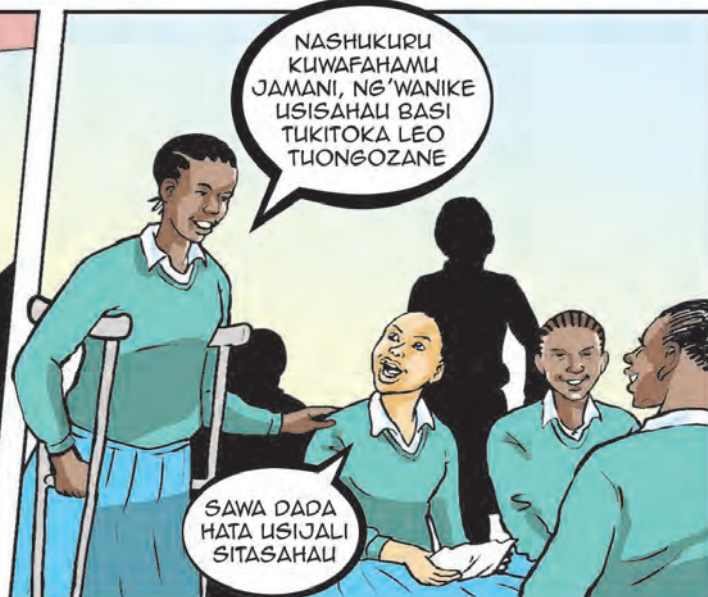
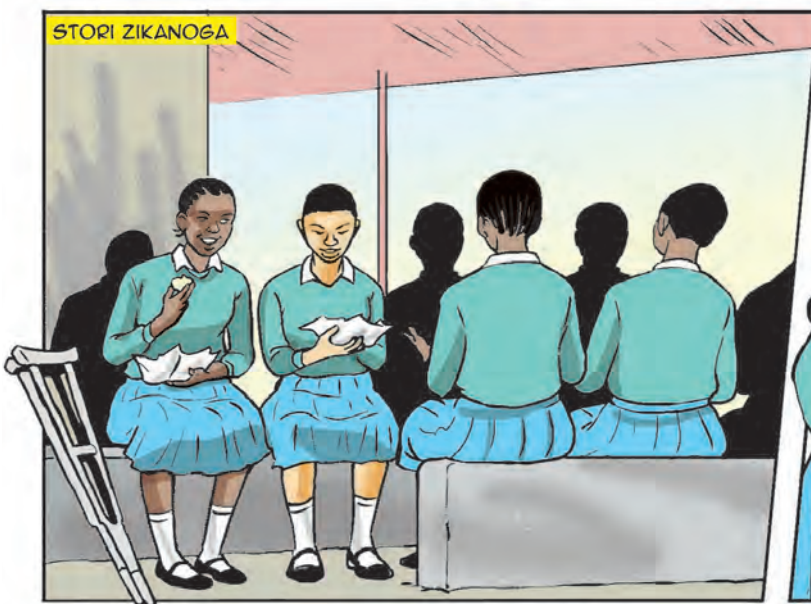
KWIO
HIYO
KWIO?

NA
KILA SIKU
ANABADILISHA
MABEGI!
ANYWAY...

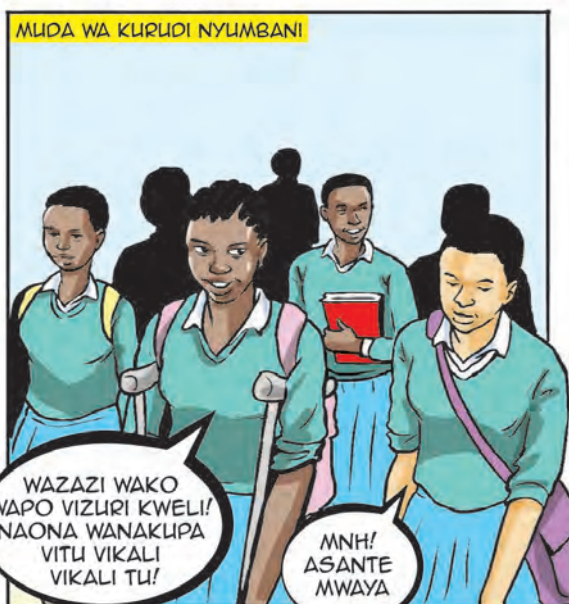
MUDA WA MAPUMZIKO

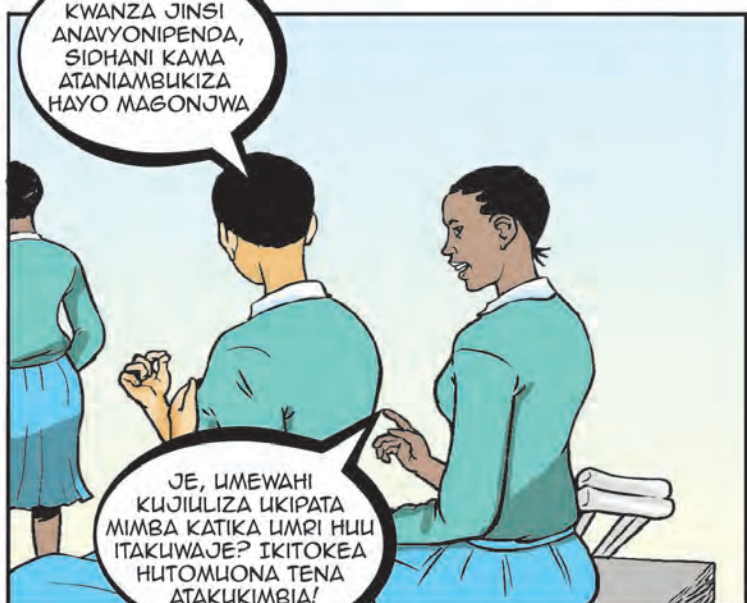
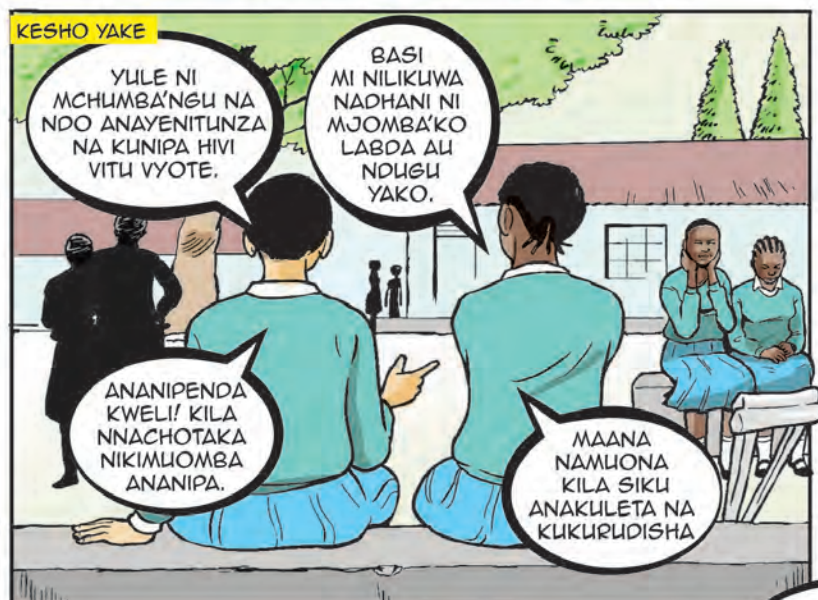
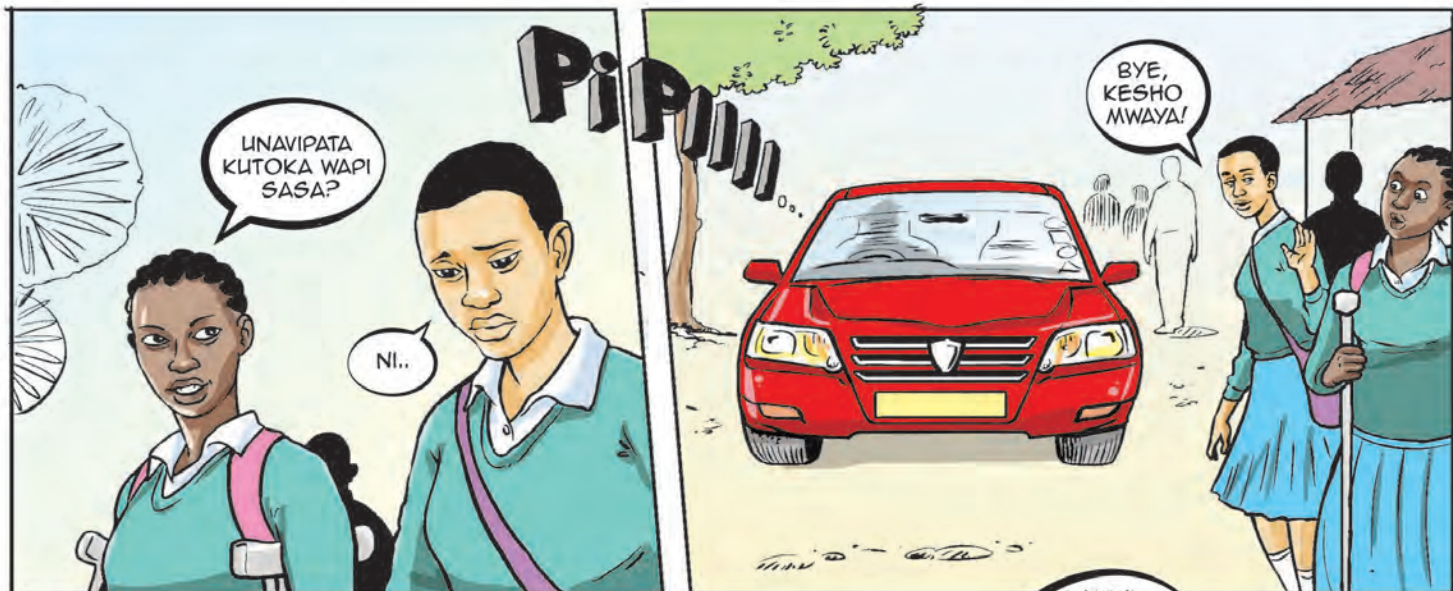


STORI ZIKANOGA



MUDA WA KURUDI NYUMBANI







KWELI?

PIA, UKIMWI
NA MAGONJWA YA
NGONO BADO YAPO,
TENA SANA TU NA
KAMWE HAYAPIMIKI
KWA MACHO.



USIONE
SIKU HIZI HAKUNA
MATANGAZO MENGI
UKADHANI UKIMWI
UMEKWISHA,
UPO!

NA WATU
WENGI ZAIDI WAKO
KWENYE HATARI
YA KUAMBUKIZWA
SABABU YA
KUDHARAU.



KUNA
KASWENDE,
KISONONO,
GONO NA
MENGINE
MENGI



MMH
JAMANII!
UNANISHAURI
NIFANYAJE?



FANYA
MAAMUZI
SAHIHI KWA
MAISHA YAKO
YA SASA NA
YA BAADAEE.



UKO TAYARI
KUFUKUZA SHULE?
UKO TAYARI KUPATA
MAGONJWA YA
NGONO? UKO TAYARI
KUWA MAMA?

HAPANA
DADA



USILIE MWAYA,
KUNA HILI JARIDA
LA FEMO UKILISOMA
LITAKUSAIDIA
KUFHAMU MAMBO
MENGI



Tahadhari kabla ya hatari

NA RAPHAEL NYONI

Naanza kwa kuuliza; umejifunza nini baada ya kusoma phostostory? Nani ana sifa za Ilombu katika darasa unalosoma? Na kabla hatujaendelea, tumpongeze Ilombu kwa ujasiri wake wa kuamua kuongea na Ng'wanike badala ya kwenda kumteta pembeni.

Katika jamii yetu, wapo wenye mtazamo kama wa Ng'wanike. Wao huishi maisha yao kwa kukabidhi usalama wa afya yao kwa watu wengine, eti kisa tu anakupenda!

Magonjwa ya ngono bado ni hatari lakini vijana wengi ni kama tunayapuuza. Hivi mnaifahamu maambukizi ya Virusi vya Ukimwi bado yapo? Kasi ya kuyadhibiti imepungua lakini haimanishi kuwa kasi ya maambukizi nayo imepungua.

Tamaa ya kupata aina fulani ya maisha inaweza kumpelekea mtu kujiingiza katika mahusiano ili apate anavyovihitaji. Kwa mwanafunzi inaweza ikampelekea kushuka kimasomo na kumuweka katika hatari ya kuambukizwa magonjwa ya ngono kama vile kaswende, kisonono, gono, pangusa na VVU.

Elimu ambayo wazazi wako wanapambana uipate ni zawadi kubwa kuliko zawadi za mitego kutoka kwa waviziaji. Usijidanganye kama Ng'wanike ukategwa na kuingia ndani ya kumi na nane; itakula kwako.

Huwezi kumpima mtu kwa macho kama ana maambukizi ya magonjwa ya ngono. Wengine wanafikiri kwamba kwasababu hawapo kwenye mahusiano na watu waliowazidi umri basi wako salama. Ukweli ni kwamba unaweza ukawa



USIONE SIKU HIZI HAKUNA MATANGAZO MENGI UKADHANI UKIMWI UMEKWISHA, UPO!

NA WATU WENGI ZAIDI WAKO KWENYE HATARI YA KUAMBUKIZWA SABABU YA KUOHARAU.

kwenye mahusiano na kijana mwenzako kumbe naye pia anaishi na VVU, au ana magonjwa mengine ya ngono. Pia, hata kijana mwenzako anaweza kukusababishia ujauzito.

Turudi tena kwenye mchezo. Umejifunza nini kutoka kwa Ilombu? Umejifunza nini kutoka kwa washiriki wengine wa hadithi hii? Kama ungepewa nafasi ya kushiriki kwenye hadithi hii ungechagua nafasi gani? Kwanini?

Kama wewe ungekuwa Ng'wanike baada ya kuongea na Ilombu ungechukua hatua gani?

KUMBUKA

Msaada bora ni ule unaotolewa kwa wakati unaofaa.

R-I-D-H-A-A

NENO FUPI LAKINI REFU!

NA FEMA TEAM

Waswahili wanasema, mtoto kwa mzazi hakui. Nasi kwakuwa ni walezi wa vijana, kuna mambo ambayo hatutachoka kuwakumbusha kila wakati, hata ikibidi katika kila toleo!

Tunayasisitiza kwasababu tunaunga mkono Sera ya Taifa ya Elimu na pia tunawiwa kuwaelimisha kuhusu sheria mbalimbali, na leo itakayohusika zaidi ni Sheria ya Makosa ya Kujamiiana (SOSPA), kwa sababu tumekuwa tukipokea maswali mengi kutoka kwenu, mkitaka kuelewa kuhusu ridhaa.

Kwanza: Tendo la ngono haliruhusiwi kwa wanafunzi wa shule za sekondari kwenda chini. Ndiyo; wewe hapo na wenzako hapo shuleni! Hata kama umevuka miaka 18, huruhusiwi. Iwe ni mwanafunzi kwa mwanafunzi au mwanafunzi kwa mwalimu au mwingine yeyote. **Hairuhusiwi.**

Pili: Ni kosa kufanya ngono na mtu mwenye miaka chini ya 18. Awe msichana au mvulana, kisheria anahesabika ni mtoto. Haijalishi alikubali, haijalishi 'aliku-seduce', ukijamiiana naye umebaka.

Turudi kwenye swali lenu!

Mmeuliza kuhusu ridhaa, na ili tuelewane vizuri, wacha tutumie mfano rahisi kabisa: Juisi ya miwa: Enheee, hiyo hiyo juisi ya miwa; ile inayokamuliwa kwenye mashine, tena ukaomba uwekewe ndimu na tangawizi kwa mbaali! Hiyohiyo! Chukulia ngono kama juisi ya miwa. Ni mfano tu ili tuelewane vizuri.

Unataka juisi?

Uwe msichana, uwe mvulana, ingawa unalindwa na sheria, ujue tu kwamba mabazazi wapo, wake kwa waume, na watajaribu tu kukuuliza "unataka juisi"? Tena, kuna wanaoweza kwenda mbali kiasi cha kukunywesha juisi kwa lazima! Hakuna kinachokubalika katika yote hayo. Atakayekushawishi kunywa juisi mripoti TAKUKURU na atakayekunywesha juisi kwa lazima mripoti Polisi.

Kaa mbali na juisi

Chukua tahadhari! Siku zote, epuka kujiweka katika mazingira ambayo unaweza ukashawishiwa au kulazimishwa kunywa juisi. Kaa mbali kabisa! Uwe msichana, au mvulana, jiweke mbali na mazingira hatarishi!

Juisi hiyo kwio!

Juisi hii jamani, yaweza kututokea puani! Inaweza kukuvimbisha tumbo au kukufanya uitwe baba wakati hujawa tayari kwa hilo! Mbaya zaidi, juisi nyingine zina sumu, zinaweza kukuletea magonjwa! Utakuwa umebugi kwelikweli kama utaomba au kukubali kunywa juisi bila kutafakari madhara yake.



Lakini....

Wakati utafika utakuwa si mwanafunzi tena na umri utakuruhusu kutumia juisi. Hata wakati huo utakapofika, bado ni muhimu kuzingatia ridhaa kwani ukikurupuka unaweza kujikuta matatani. Tupate mifano michache.



Safari hii sihitaji juisi

Inawezekana kabisa wiki iliyopita alikubaliana nawe, ukanunua juisi, akanywa vizuri tu. Lakini wiki hii kakwambia hataki juisi. Sasa usianze kuleta zako. Eti eenh, utakunywa tu. Mbona wiki iliyopita ulikunywa. Kunywa kwake juisi yako wiki iliyopita hakukupi kibali cha kumlazimisha juisi wiki hii. Ridhaa ya jana ni ya jana, leo nayo ina ridhaa yake.



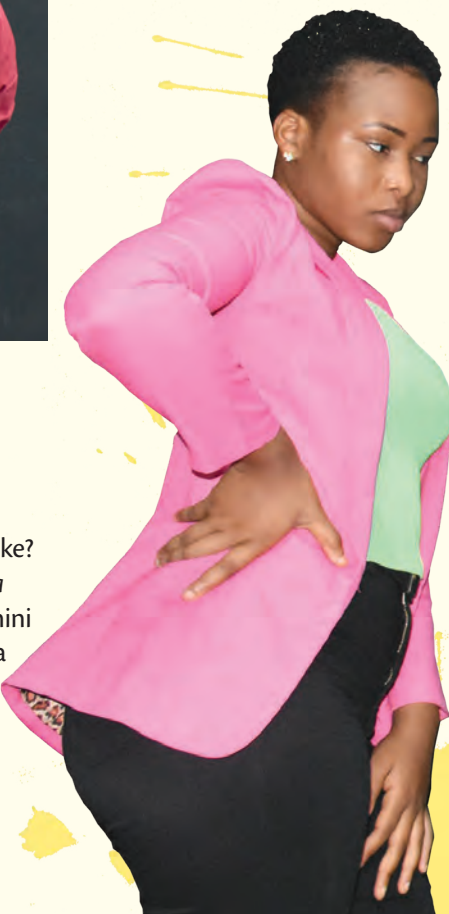
Sihitaji juisi.

Sina kiu

Kwa kawaida, ukitaka kumpa mtu juisi si unamuuliza? Na si ni lazima uheshimu jibu lake? Sasa kuna wale wanaojibiwa "sihitaji juisi, sina kiu", halafu wakajifanya hawaelewi. Huelewi nini sasa hapo? Eti eeh, haiwezekani mtu akakataa juisi ya miwa. Ebo!!! Kwanini mtu asikatae? Mtu anaposema, sihitaji juisi, sina kiu, mwache. Ukilazimisha, umebaka.

Namwona kama ana kiu ya juisi!

Yaani! Umemwona mtu anatokwa na jasho, jua la utosini limemuwakia, moyoni ukasema Yes! Huyu lazima ana kiu ya juisi. Unatoka zako mbio, unakwenda kununua juisi bariidi, unamletea na kuanza kummiminia kwenye glass eti "lazima unywe, una kiu, nakuona kabisaa!" Ebo! Unajuaje kama ana kiu? Hata kama ana kiu unajuaje kwamba kiu hiyo inataka juisi? Au labda kiu yake inataka maji tu, sio juisi? Usilazimishe. Kwenye ngono pia iko hivyo hivyo. Mtu kuwa amevaa nguo ya aina fulani, kanyoa kiduku au kajipodoa, au amekuja ghetto na mko wawili tu, haikupi wewe mamlaka ya kusema kwamba anataka ngono. Ukimlazimisha, umebaka.



Inatosha. Nimeshiba.

Hivi unajua kuna wale watu wenye *swagger* zao fulani hivi. Anaagiza juisi, anakunywa nusu tu, kashiba. Hataki tena. Sasa usitake kumlazimisha amalize juisi yote eti kisa umeingia gharama, umeinunua. Inahuu?

Hata kwenye kujamiiana iko hivyo hivyo. Ikitokea amekubali vizuri kabisa, ile mnaanza tu, akabadili mawazo. Hataki kuendelea. Ndugu yangu, ishia hapo hapo! Ana haki ya kubadili mawazo katika hatua yoyote ile. Tena halazimiki kujieleza.

Namfahamu vizuri, anakunywaga juisi.

Weee! Tena acha hizo! Ni kweli unamfahamu. Labda ni *girlfriend* au *boyfriend* wako, au labda ni mke au mume wako. Uliwahi kumuuliza kama anataka juisi wakati fulani, akakubali. Akanywa. Lakini, hiyo haikupi mamlaka ya kumwamulia kwamba kila unapodhani anataka juisi basi anataka! Hapana! Kila tendo na ridhaa yake. Inawezekana kweli siku zingine anakunywa, lakini leo hataki. Heshimu uamuzi wake. Ukilazimisha, umebaka.



Una hakika hutaki juisi?

Sasa kuna wengine ving'ang'anizi hatari; luba kasingiziwa! Umeshamuuliza mtu kakwambia "*sitaki juisi*". Basi kila baada ya dakika mbili unamkumbusha habari ya juisi. Mara ooh, unajua juisi itachacha. Mara ooh unajua nimeigharamia. Kha! Jamani! Mtu akishasema hataki juisi, mwache.

Ni kama hajielewi. Hajui anachotaka. Mi nampa tu.

Enhee. Hapa hata mfano wa juisi haufai sana! Twende tu moja kwa moja kwenye mada. Tutumie tendo hilo hilo la ngono, tutaelewana vizuri zaidi!

Kuna wale ambao wanadhani wao ni wajanja sana! Anamchukua mwenzake, anampeleka viwanja au anamfungia ghetto, anamlewesha pombe. Kisha anamkokota, anafanya naye ngono kwa madai kwamba hajielewi, hajui kama anataka au hataki. Looh! sasa kama hajielewi, kwanini wewe ukatafsiri kwamba anataka? Kwanini hukatafsiri kwamba hataki? Je, mtu asiyejelewa anawezaje kutoa ridhaa? Hapo rafiki yangu umebaka!

KUMBUKA

Tunaweza kutoa mifano kibao, hata kutengeneza *scenarios* nyingi tu, lakini jambo la kuzingatia ni kwamba, ridhaa inatamkwa, haionekani kwa macho. Ukilazimisha umebaka na kifungo kitakuhusu! LAKINI.....Em subiri kwanza! hivi unakumbuka tulichokisoma katika *paragraph* ya tatu na ya nne? Hapo ndipo penye ujumbe muhimu zaidi kwako leo hii. Kwa kimombo wanasema "*your take home message*! Si unaona tumezibold kabisa point hizo kutia msisitizo? Hebu rudi mwanzo usome tena. Hivyo tu yaani!





NI ZAIDI YA UNIONAVYO

NA GEOFFREY MACHEMBA NA SUMAIYA KARIM

Kuna stori na vijistori ukivisikia mwili unakusisimka, unatamani na wewe ungekuwepo, lakini ndo hivyo, tunakubali waliokuwepo watusimulie. Hiyo ndio raha ya mawasiliano, yanatupa nafasi ya kuelimika, kuburudika na kujifunza kutoka kwa wengine. Kwa mfano sasa, hiki kijistori hapa, hakika ni burudani na elimu.



“Oya, punguza muziki huo maana hatusikilizani huku,” alisikika konda wa daladala akimwambia dereva baada ya mjadala uliojaa zogo na mzuka kulipuka ndani ya basi hilo. Hapo ni katikati ya foleni nene. Dereva akapunguza sauti ya muziki huku akigeuka nyuma awaone wahusika, akakutana na swali toka kwa mhusika mkuu.

“Eti mie nishushe suruali kabisa mwanaume mwenzangu anichome sindano?”

Kabla dereva hajafikiria kujibu jamaa mwingine akadakia “Hayajakukuta wewe! Ukiumwa kweli kweli hata hautajali kama nesi ni mwanamke au mwanaume...” na wengine wakachangia...

“Ataisikia tu sindano huyo...” “Dunia gani unaishi kaka?” Mwingine akamuuliza mhusika mkuu, “Na daktari wa kiume je akikwambia toa nguo nikufanyie uchunguzi?”

“Aaah daktari ni jambo lingine...”

Ha haa haaa basi zima wakaangua kicheko.

Pamoja na vicheko na mzaha, ukweli mkubwa ulijitokeza katika ya maswali na majibu ya mjadala huo. Kwamba jamii zetu zinazipanga kazi kulingana na jinsi. Kwa kiswakinge unaweza kusema *tunazijinsify* kazi. Tunazitazama kazi kulingana na miili yetu na maumbile yetu. Kwa kufanya hivyo tunajibana na kujinyima fursa, na mara nyingi tunawanyanyapaa wanaothubutu kuvunja utaratibu huo. Tujifunze kidogo kutoka kwa watu hawa, wanasema ndani mwao kuna zaidi ya unachokiona unapowatazama kama wanawake au kama wanaume tu.

Bajaji anaendesha yeyote

Mimi ni dereva wa bajaji. Nashukuru kupitia kazi hii ninawasomesha wanangu wawili, nimenunua kiwanja, na pia kazi hii inaniwezesha kutimiza mahitaji yangu ya kila siku. Mara kwa mara nikiwa barabarani watu wananchukulia tofauti na madereva wa kiume, wanasema sipaswi kuwa barabarani bali nataka kufanya kazi za nyumbani au kusubiri msaada. Sikatishwi tamaa na maneno yao; nafanya kazi kwa ajili yangu, familia yangu na watu wangu wa karibu.





Narusha ndege

Hapa juzi kati nilijikuta nimeketi katika kiti ambacho kiliniletea furaha sana. Nilirusha ndege ndogo peke yangu, na nikapata feeling amazing sana. Ninaitwa Omega Ngowi, nina umri wa miaka 19, nasoma kidato cha sita, nasomea urubani pia. Katika kusoma kwangu nakutana na imani kwamba kuna kazi fulani ni za wanaume na kazi nyingine ni za wanawake, na imani hiyo ilitokana na nadharia kwamba masomo fulani ni magumu kwa wasichana. Sijui imani hizo hutoka wapi, lakini zinawaaminisha watu kwamba hawawezi. Nikiwa mdogo nilikuwa nasafiri kwa ndege mara kadhaa na wazazi. Namna ambavyo tuliruka angani ni jambo

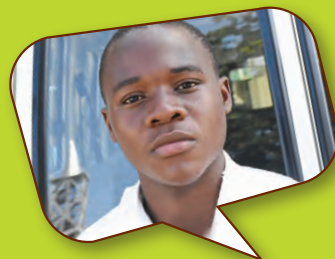
lililonihamasisha kuwa rubani. Ingawa marubani wote niliowaona walikuwa wanaume, niliamini hata mimi msichana ninaweza. Nakumbuka nilipoingia chuoni nilikuwa msichana peke yangu darasa zima, watu wengi walinishangaa na hawakuamini msichana mdogo kama mimi nitaweza kuwa rubani. Nafurahi sana kuwa na familia ambayo inanisapoti katika ndoto yangu kwani baada ya kumaliza kidato cha nne niliwaomba kwenda kusomea urubani, bila kusita walinisapoti. Mpaka sasa naendelea na masomo kidato cha sita huku nikimalizia mafunzo ya urubani, familia yangu imekuwa bega kwa bega na mimi kuhakikisha napanga muda wangu ili niweze kujisomea vitu vyote viwili. Kwa vijana wenzangu, umri wako au jinsi yako isikuzuie kufanya kazi unayoipenda.

Kwamba mimi Ashura Mwinyimvua ni mwanamke mwenye ulemavu hainizuii kufanya kazi ambayo niliipenda tangu zamani na kisha nikaisomea. Nakumbuka nilikuwa navutiwa sana nikiona wasichana madereva, nilitamani kuwa kama wao. Mwaka 2017 nikaenda kusomea udereva wa bajaji VETA. Sikutaka kufikiria vikwazo ambavyo ningekutana navyo, nilitanguliza malengo. Mwaka 2018 nilipata mkopo wa bajaji, na safari yangu ya udereva ikaanza. Hata

hivyo miezi miwili tu baada ya kuanza udereva nilipata ajali. Sikukata tamaa, nilipoona nilikaza buti nikasonga mbele. Naamini vikwazo ni sehemu ya kujifunza na kukua. Kazi yangu ina manufaa, napenda na wengine wafaidike kama mimi. Tayari nimewafundisha wanawake wengine watatu na wameshaanza kazi hiyo. Ushauri wangu kwa vijana, usijali jinsi wala maumbile yako, jiamini, fanya kazi.

TIRIRIKA

Ni jambo gani uliwahi kutamani kufanya lakini ukasita kwa sababu ya jinsi yako?



EMMANUEL JAMES KILYENYI (16) MABIBO

Nilitamani kufungua duka la nguo za kike karibu na nyumbani, ila nilisita kwa sababu jamii ya pale nyumbani ina imani zisizo sawa na kuchukulia watu vibaya hivyo nikasita kufanya hivyo.



MUZWARA MAZINGE (16) MWANANYAMALA

Nilitamani kuanzisha timu ya michezo ya wasichana, lakini kutokana na jinsi yangu niliogopa niliona kama jamii ingenichukulia vibaya.



ASNATH SHABANI (14) TANDALE

Nilitamani kujifunza ufundi wa magari lakini roho yangu inasita kwasababu bado nasoma na jamii isingenielewa mimi kama mtoto wa kike kujifunza fani hiyo.



Kuchora henna biashara nzuri

Wakati nasoma shule sikuwa na jibu pale nilipoulizwa “unataka kuja kufanya kazi gani?” Sikufahamu kwamba kipaji changu cha kuchora kingekuwa kuwa ajira yangu. Leo hii, mimi Ramadhan Mussa, kijana wa miaka 23, najivunia kazi yangu, naipenda, na inanipa hadhi mjini. Kuna kipindi nusu nivunjike moyo, nikataka kuacha kwani watu walikuwa wanasema sanaaaa, kwamba kuchora piko ni kazi ya kike hivyo niachane nayo, ila nikasema ngoja niendeleo kuifanya nione. Eeh bwana ee, si nikakomaa, nikaanza kupata pesa! Nikasema kwanini nisiendeleo? Akili yangu yote ikajikita katika uchoraji wa piko. Watu wanaonizunguka pamoja na wateja wangu wanapenda na kuniheshimu. Na mwenyewe nilivyo, waoona nawachangamsha sana! Stori hapa kwangu haziishi! Ni kazi inayoniingizia kipato, nafanya kwa ajili yangu na familia yangu. Najisikia vizuri nikiifanya na najivunia mno. Huwezi amini! Ni kazi ambayo inafanya familia yangu iishi vizuri na imeniwezesha kumiliki nyumba pamoja na gari. Nimeajiri vijana wawili, nafundisha darasa la uchoraji wa piko kwa wasichana na wavulana na nina mpango wa kufungua tawi mkoa mwingine ili niweze kupanua biashara yangu. Jamani, tusikate tamaa. Siku zote changamoto zinazokuja na kazi hii nazichukulia kama fursa na muda mwingine nazipotezea tu! Tusiwape watu nafasi ya kutukatisha tamaa katika kitu ambacho tunakiamini kuwa ni moja ya njia za kufikia mafanikio. Tuache utani, tujitume!



Hii ni kazi, na inanilipa

Unasema wewe ni kijana wa kiume na huwezi fanya kazi fulani eti kisa watakuonaje? Kha! Mimi ni Moses Paul, baba wa watoto watatu, na nimeweza kukuza na kutunza familia yangu, kujenga nyumba Msasani na kujipatia kipato kutokana na kazi ambayo imefanya kukejeliwa.

Ufundi ndiyo kazi niliyoiota lakini mambo hayakwenda nilivyotamani. Siku hazigandi nikaamua kufanya kazi ya ulinzi ambapo mwajiri wangu alianza kunifundisha na kazi za ndani. Mpaka sasa ni mfanyakazi mzuri sana. Nina uzoefu wa kufanya kazi za ndani kwa zaidi ya miaka sita sasa kwa waajiri tofauti. Watu wakiongea napotezea, naendelea na kazi, kwani maneno yatanipunguzia nini? Au nikisema niache kufanya hii kazi kwasababu watu wanasema, nitapata wapi pesa ya kujikimu na familia? Kwani watanipa pesa?

Kuna kipindi wadada na wamama walikuwa wananichukia wakisema kuwa nafanya kazi zao wanatamani wao ndio wangeajiriwa, mimi sisikilizi maneno yao nafanya kazi. Ninajiwekea akiba ili ninunue injini ya boti niwekeze kwenye uvuvi, ili umri ukienda nikakosa nguvu za kufanya kazi ninazofanya sasa niwe na chanzo kingine cha kipato. Kwa hali ilivyo sasa tusichague kazi, yoyote inayokuja fanya ili usaidie familia.



Vijana ee? Si mpo ee? Basi ndo hivyo, tukijiweka kwenye mafurushi tutabaki humo humo, kwa sababu tu kazi fulani ziko fungu fulani na nyingine ziko fungu lile lingine. Tukikataa kufungashwa tutakuwa huru na wenye mtazamo mpana. Ashura, Omega, Ramadhan na Moses wamesema yote.

KUMBUKA

Mwili wako sio kigezo cha kazi gani ufanye. Utashi, uwezo na fursa ndio muhimu.

CHUKUA

HATUA

Katika club yenu orodhesha aina za kazi ambazo hufanywa zaidi na jinsi moja, kisha mjadili, ni kwanini hali iko hivyo?

I AM MORE THAN MY BODY

BY GEOFFREY MACHEMBA NA SUMAIYA KARIM

There are stories you hear that can make your body tingle, and you wish you had witnessed them; but we have no choice than to let others narrate them to us. Hence communication is great because it gives us the chance to get educated, entertained, and learn from others.

For example, this story is surely entertaining and educating.

"Hey, turn down the volume we can't hear each other", the *daladala* conductor was heard telling the driver after a heated debate erupted in the bus in the midst of thick traffic. The driver turned down the music and turned to look at his passengers. A question was immediately thrown at him from the main speaker.

"Can you imagine me pulling down my pants for another man to give me an injection?"

Before the driver could answer someone interrupted "You haven't had a real incident! When you get really sick you won't even care if the nurse is a woman or man..." and others contributed...

"He'll just feel the injection..." "Which world are you living in?"

Another asked the main speaker, "what if a male doctor asks you to remove your clothes so he can examine you?"

"Aaah a doctor, that's a different issue..." the passengers burst into huge laughter.

Laughter and jokes aside, something big was brought to the table from the question and answers of that debate; that our society allocates jobs according to gender. We assign genders to jobs. We look at jobs according to our bodies and looks. By so doing, we limit our opportunities and stigmatize those who dare to get out of the bubble. Let's learn from four people who say there is more to them than just being male and female.

Anyone can drive a Bajaj.

I am a bajaj driver. I'm grateful, through this work I have sent my kids to school, bought land, and met my daily needs. Often, when I'm on the road, people view me differently from men. They say I'm not supposed to be on the road, instead I'm to be at home or wait for help. I'm not discouraged by that. I do my job for myself, my family and those close to me.

That I, Ashura Mwinyimvua, am a woman with a disability doesn't stop me from doing the job I loved for long and even studied. I admired female drivers and wished to be like them. In 2017 I went to VETA for *bajaj* driving classes. I didn't want to think about the challenges, I focused on my goals.

In 2018 I acquired a loan for *bajaj* and my journey as a driver begun. However, two months later I got an accident, but I did not give up. After healing I got up and moved forward. I believe challenges are part of growth.

This job pays. I want others to benefit like me. I've already trained three other women and they are working. My advice to youth, don't worry about your gender or physical self, believe in yourself and work.

I fly planes.

A few days ago, I sat in a chair that made me so happy. I flew a small plane, solo, and that gave me an amazing feeling. My name is Omega Ngowi, I'm 19 years old. I am in form six and a student of aviation as well. Along my studying journey I heard that some jobs are for men and others are for women. That view comes because some subjects are said to be too hard for girls. I don't know where these thoughts come from, but they really fail people.

When I was young, I traveled by plane several times with my parents. The way we went up in the air amazed me and triggered my desire to become a pilot. Even though all the pilots I saw then were men, I believed that even a woman could do it. I remember joining the aviation class and being the only woman there. The others were surprised and not convinced a girl as young I could become a pilot.

I am so happy I have a supportive family because as soon as I finished form four, I asked them to study aviation, they supported me without second thoughts. I am now in form six while also completing my aviation studies. My family has been by my side making sure I plan my time to manage both studies.

To my fellow youth, your age and gender should not be a barrier to your dream job.

Henna drawing is a good business

When I was in school, I had no answer for, "what do you want to do in the future?" Little did I know that my drawing talent would employ me. Today I, Ramadhan Mussa, 23, am proud of my work, I love it! It gives me status.

There were times I almost gave up and wanted to quit because people judged; they said henna drawing is a feminine job, they wanted me to quit it, but I decided to stand firm instead and see where it took me.

Guess what! I persisted and started earning money! I asked myself, why should I stop? I then focused on henna drawing. Today, my customers love and respect me. I am a charming guy who is never short of stories to entertain them.

It's a job that earns me an income for me and my family. I feel really good doing my job and I'm proud of it. You won't believe! It's a job that gives my family a decent life and have bought a house and a car.

I have employed two people, I have started a class on henna drawing for boys and girls, and I'm planning on opening a branch in another region to expand my business.

Friends, we shouldn't lose hope. I took the challenges that come with the job as an opportunity and sometimes I just dismissed them. Don't allow others to make you give up what you believe to be your path to success. Get serious, work hard.

This is a job, it pays me

As a young man and you say you won't do a certain job because of society's judgement? Mmh! I am Moses Paul, a father of three. I have raised a family, built a house in Msasani and earned income from a job that got to me.

Craftsmanship was the trade of my dream, but life denied me that. I got a job as watchman. My employer started teaching me domestic work.

I embraced the new learning and now, six years later, I am a very qualified domestic worker, having worked in several households. People talk, and I ignore; their judgment won't belittle me. If I mind what they say and leave this job, where will I get the money to take care of my family? Will these people give me the money? There was a time some women hated me saying I had stolen their 'job', that it should be them employed not me.

I gave them no audience and just focused on my work.

I am saving some money to buy a boat engine and invest in fishing, so that when I age and I no longer have the muscle to do domestic work I will have another source of income. Currently, we should not be too selective with jobs. Do anything to support the family.

Vijana ee? Are you there? If we put box ourselves, we will remain bundled up where we probably don't belong, just because societies has gendered the opportunities and paths to our breakthrough. If we refuse to be caged, we will open up paths to broader opportunities and perspective. Ashura, Omega, Ramadhan and Moses say it all.



Progesterone na Estrogen wamekaa zao kibarazani, wanavimbiana

NA TUNU YONGOLO

MIMI!

**HAPANA!
MIMI!**

Progesterone: Ni mimi!

Estrogen: Wala sio wewe!

Progesterone: Dada weee! Ni mimi!

Estrogen: Akuuu! Hata sio wewe!

Progesterone: Haya, uwanja ni wako, embu jinafasi!

Estrogen: Kwanza kabisa! Futa kauli yako! Mimi sio dada wala kaka. Naamini ulivyosema hivo ulimaanisha nipo kwa wadada tu. Wee! Wacha nikupe darasa! Mimi ni homoni Estrogeni. Nipo kwa wasichana na pia kwa wavulana! Umuhimu wangu haupimiki! Karibu vyote vinavyoongelewa kwenye kurasa za Chezasalama, ni mimi. Kwa mfano kwa wasichana, matiti, hips na nywele hazioti bila mimi! Na kwa wavulana, mimi ni moja kati ya homoni zinasosaidia katika uzalishaji wa manii.

Progesterone: AHAHAHAHA! Kati ya kumi ningekupa tano tu! Sio wewe peke yako! Na mimi nipo full. Mimi pia ni homoni, na jina langu ni Progesterone. Kwa wasichana mimi ndo naandaa ukuta kwenye mji wa mimba kwa ajili ya ujauzito. Nikisema hivi namaanisha kwamba, baada ya ovari kutoa yai, yaani ovulation, jukumu la kuandaa ukuta ili kupokea na kutunza yai lililorutubishwa ni la kwangu. Na kwa wavulana pia nipo! Ukimuona mvulana katulia, kalala, au kapata msisimko, pia ukiona mifupa yake inakua, jua kwamba mimi ndo nimetinga kazini.

Estrogen: Mwaaa! Mbona sijawahi kuyasikia yote hayo! Unaishi wapi kwani?

Progesterone: Home kwangu ni kwenye ovary. Lakini naishi pia kwenye tezi zinazojulikana kama adrenal glands na hata kwenye plasenta! Wewe je?

Estrogen: Mmmhhh! Mbona sijawahi kukuona kijijini kwetu! Mimi mwenyewe mzaliwa wa ovary. Huko, nasaidia mayai kupevuka. Lakini sometime napenda kuchill kwenye uke. Huko nako nashindaga nikihakikisha ukuta wa uke una unene wa kutosha na majimaji ya kutosha. Si unajua tena kulivyo laini? Ni rahisi sana kuchubuka! Kwenye mfuko wa uzazi pia nipo, ambapo kazi yangu ni kuongeza na kudumisha uteute kwenye kuta za mfuko wa uzazi. Nipo pia kwenye matiti, huko nasaidia kutengeneza tishu zinazounda matiti na pia nasaidia kuzuia maziwa kutengenezwa baada ya mtoto kuacha kunyonya.



Progesterone: Doh! Si mchezo!

Estrogen: Lakini, kusema ukweli mwanzoni nilikuwa naringa tu. Heshima kwako pia. Kazi yako yenyewe sio ndogo!

Progesterone: Mi mwenyewe aisee... dah... Wazungu wanasema "I'm soreeee."

Estrogen: Sio soreeee besti, ni "sorry." Ila sio shida, leo tunajifunza tu. Wewe pia hongera kwako, maana mmh, ukipungua kwa mtu si ni shida?

Progesterone: Ni shida kweli kweli. Nikiwa sipo vya kutosha inaweza kusababisha mtu kupata hedhi isiyo ya kawaida kama vile katikati ya mzunguko, kutoka kwa muda mrefu au damu kuwa nzito sana, wakati mwingine inaweza kuwa haitabiriki au kukosekana kabisa. Kukosekana kwangu kunaweza pia kupelekea kutokwa damu na maumivu makali wakati wa ujauzito na kuharibika kwa mimba mara kwa mara.

Estrogen: Lakini kila kitu kwa kipimo, si ndio?

Progesterone: Kabisa kabisa, nikizidi pia tatizo!

Estrogen: Mimi hapa nikizidi kwa wanawake inaweza kuleta unene, hasa kwenye kiuno, hips na mapaja. Inaweza kusababisha damu ya hedhi kuwa nyepesi au nzito sana, kupata mabuja au uvimbe ndani ya matiti na uvimbe kwenye mfuko wa uzazi (fibroids). Nikizidi pia inaweza kumsababishia mwanamke uchovu wa kupitiliza, kukosa hamu ya ngono na hata kupata sonona na hofu. Kwa wanaume nikizidi napunguza kasi ya kuzalisha mbegu (sperm) au nasababisha mbegu kuwa dhaifu.

Progesterone: Nilishawahi kuona wanaume wenye matiti... Je, ni wewe huyo?

Estrogen: Ewaaaaah, hapo nakuwa nimepanda kupita kiwango. Pia kuwa huko nje ya kiwango kunaweza kusababisha uume kushindwa kusimama vizuri, wengi wanaita upungufu/ukosefu wa nguvu za kiume. Pia ninaweza kuleta ugumba. Ni vema niwe katika viwango vya wastani.

Mara katokea mdau wa tatu...

Testosterone: Mambo vipi! Enhe nitambulishe basi kwa da...

Progesterone: Weeeee! Tena ishia hapo hapo! Mi nshapewa shule hapa!

Estrogen: Huyu naye nani tena?

Testosterone: Mimi ni Testosterone. Mimi ni homoni yenye jukumu kubwa la kukua kwa maumbile ya mwili mzima wa mwanamume. Naishi kwenye korodani, kwa wanawake nipo kwenye ovari. Wacha nijinadi! Tangu mtoto akiwa tumboni, mimi ndiye huanzisha kukua kwa via vya uzazi vya kiume, vya nje na ndani. Katika kipindi cha balehe, ninahusika na mabadiliko mengi yanayotokea kwa wavulana, kama vile kuongezeka kimo/urefu, kukua kwa nywele mwilini mpaka sehemu za siri, kuongezeka kwa uume, korodani na tezi dume (prostate gland), na hata mabadiliko mengine ya kihisia na kitabia. Ukubwani, mimi pia ni muhimu kwenye uzalishaji wa mbegu.

Progesterone: Braza! Huchoki kuongea!

Estrogen: Ah nyie mnanizingua! Mnamaanisha wote tupo kwenye miili ya watu?

Testosterone: Sote tupo! Ni kweli, viwango vinatofautiana kwa wanaume na wanawake ila kazi zetu wala hazipishani sana. Sisi sote tuna jukumu la kutuma ujumbe kwenye viungo mbalimbali vya mwili. Tunasaidia kuratibu hali za mwili kama njaa, shinikizo/msukumo wa damu na mihemko ya ngono. Sisi ni muhimu sana kwenye kuzaliana na kwenye kuendesha mifumo yote ya mwili.

Testosterone: Muda wa kula sasa jamani, mi naenda zangu. Nina kazi kibao za kufanya.

Progesterone: Poa poa, nimefurahi sana kukufahamu.

Estrogen: Na mimi pia besti. Makuzi ya vijana yanatutegemea sote.

Progesterone: Hakikaaaa!

**OYAAAAA!
VIPI BRO, UPO
MJI HUU??**



SEMA. TENDA!



Sema-
Tenda!



CHANJO KWA AJILI YANGU!

NA TUNU YONGOLO

Acheeeee! Mama akapiga chafya. Acheeeee! Kugeuka nakuta mama ameinamisha uso kwenye kiwiko; Acheeeee! Chafya tena! Hali hii imekuwa ikiendelea kwa zaidi ya wiki sasa, hivyo nikamsogelea mdogo wangu Lulu, nikamweleza wasiwasi wangu. Fasti tukaenda kwa mama, tukamkumbatia na kumshauri kwamba ni wakati muafaka sasa tumsindikize hospitali.

Asante wanangu. Mama alisema wakati tukiwa njiani kuelekea kwenye kituo cha afya cha kijiji. Afya ni kila kitu.



Alipoingia kwa daktari, mimi na Lulu tulimsubiri katika chumba cha kusubiria. Tukajiweka *busy* kwa kusoma mabango mbalimbali yaliyokuwa yamebandikwa ukutani.

"HPV.... Mhhh...! ... Tunu, HPV ni nini?"

"Sijui Lulu."

Lulu akaanza kusoma maneno katika bangolile; "HPV ni kifupi cha maneno *Human Papilloma Virus*. Ni virusi ambavyo"

"Shhhhhhhh!" Tunu alisema. "Watu watakusikia! Ni vyema tutafute mtu atuelezee."



"Basi uliza!"

"Aku! Uliza wewe!"

"Samahani nesi, mimi na mdogo wangu tulikuwa tunasoma hilo bango hapo,"

Lulu aliuliza kwa sauti ya chini mithili ya mtu anayenong'ona, akiogopa watu wasisikie. "Unaweza kutuelezea zaidi?"

Nesi: "HPV ni virusi ambavyo vinaweza kusababisha saratani ya shingo ya kizazi ..."

Lulu: "Oh nesi! Sio kwa sauti kubwa tafadhali! Watu watatusikia. Kuna sehemu ya faragha ambapo tunaweza kukaa tuzungumze?"

Nesi: "Wala msione aibu. Ni vizuri kwamba mnataka kupata taarifa zaidi kuhusu suala hili. Saratani ya shingo ya kizazi ni saratani ambayo inashambulia shingo ya kizazi.

Lakini msiwe na wasiwasi, kuna chanjo, na hicho ndicho ambacho bango hili linazungumzia! Kazi ya chanjo hii ya HPV ni kuzuia saratani ya shingo ya kizazi.

Ina dozi mbili, dozi ya pili inachomwa miezi sita baada ya dozi ya kwanza. Ni muhimu sana mtu apate dozi zote mbili ili chanjo hiyo ifanye kazi ipasavyo!

Tunu: "Ahhhhhhh! Nadhani nimewahi kusikia kuhusu hili nikiwa shuleni!"

Nesi: Ndiyo! Una akili sana kama unakumbuka hili! Ni kweli! Wizara ya Afya inalenga kuimarisha huduma za afya nchini Tanzania! Hivyo, inatoa chanjo ya saratani ya shingo ya kizazi nchi nzima kwa wasichana wote wanaotimiza miaka 14, ndani na nje ya shule.

Nyinyi mna miaka mingapi?

Tunu: Nina miaka 14!

Lulu: Mimi 13...

TIRIRIKA

Uko zako shule, wamekuja wataalam. wanatoa chanjo ya saratani ya shingo ya kizazi, tena bure. wewe binafsi utafanyaje?



RAHMA SAID ISMAIL (14) TANDALE

Kwangu mimi chanjo ya saratani ya shingo ya kizazi ina umuhimu mkubwa na kwa wanawake wenzangu pia. Hivyo basi, nitaenda kuchoma ili nijikinge na ugonjwa huo.



FATUMA IDDI MLELE (15) MANZESE

Nitakubali kupewa hiyo chanjo tena sitahofia wala kuogopa maana ina umuhimu mkubwa sana kwangu. Najua nikiipata hiyo chanjo sitakuwa katika hatari ya kupata saratani ya shingo ya kizazi.



JACKLINE WILSON MLEMAGA (14) TANDALE

Nitachoma kwa sababu chanjo hiyo ina umuhimu mkubwa hasa kwa afya yangu, kwa sababu usipochoma chanjo ya saratani ya mlango wa uzazi unaweza pata saratani na hata kifo.

Nesi: Wasichana wote wenye miaka 14 wanaweza kupata chanjo hii shuleni, katika vituo vya afya au pale watoa huduma wanapokwenda kutoa huduma hii katika jamii. Hii inamaanisha kwamba chanjo hii ya saratani ya shingo ya kizazi ipo kwa ajili yako! Inachukua muda mfupi tu kupata chanjo hii, lakini itasaidia kuwa na kizazi cha wanawake wenye afya. **Chanjo ya HPV ni salama, ni bure na inapatikana!**

Tunu: "Oh sawasawa. Sasa nafahamu vizuri zaidi. Na, je, chanjo hii ya HPV inaweza kuzuia magonjwa mengine?"

Nesi: Kila chanjo inatengenezwa kwa ajili ya kuzuia ugonjwa fulani, hivyo, chanjo hii ya HPV inazuia saratani ya shingo ya kizazi tu.

Lulu: "Ila mmmh. Chanjo! Niliwahi kusikia kwamba chanjo zinauma, tena eti zinaweza kusababisha mtu azimie. Ni kweli?"

Nesi: Hiyo si sahihi. Chanjo haziwezi kusababisha mtu kuzimia! Kama sindano nyingine yoyote ile, utakapochomwa kutakuwa na maumivu kidogo tu, lakini ni maumivu ya muda mfupi sana.

Tunu: "Kwanini ni lazima mtu apate dozi zote mbili? Moja haitoshi?"

Nesi: Ili chanjo hii ifanye kazi, ni lazima mtu apate dozi zote mbili. Hii ni muhimu sana.

Ili chanjo ya HPV ifanye kazi ni lazima mtu apate dozi zote mbili. Dozi ya pili inatolewa miezi sita baada ya dozi ya kwanza.

Wakati huo, mama naye akatoka, ikawa sasa ni muda wa kuanza safari ya kuelekea nyumbani.

Tunu: "Asante sana nesi! Tutahakikisha tunafikisha taarifa hizi kwa wasichana wengine wa umri wetu!"

Tukiwa njiani kuelekea nyumbani, mama akatuuliza kuhusu mazungumzo yetu na nesi, na tulikuwa na mengi ya kumweleza! Sasa tumelewa umuhimu wa chanjo ya HPV na namna inavyotolewa. Mama alifurahi sana! Alifurahi kujua kwamba tumetafuta taarifa. Akaridhia tupate chanjo hiyo siku wataalam wa afya watakapokuja kuitoa shuleni kwetu! Tulifurahi sana kumshirikisha mama suala hili.

Tulipofika nyumbani na kuhakikisha mama anapumzika, mimi na Lulu tuliingia jikoni na kuanza kuandaa chakula cha usiku.

"Tunu, una miaka 14 sasa. Utapata chanjo eenh, si ndio?"

"Hakika, nitapata! Lakini, kwanza nikawaeleze Jojo na Tabia. Nikawaeleze yote niliyojifunza!"



CHUKUA

HATUA

Katika Club yenu, kaeni katika vikundi mjadili namna mbalimbali za kuzungumza na wazazi kuhusu chanjo ya HPV. Kisha tembeleeni kituo cha afya cha karibu au fanyeni utafiti katika jamii yenu ili mjue ni wapi ambapo chanjo ya HPV inapatikana. Washirikisheni taarifa hizi rafiki zenu!

KUMBUKA

Wasichana na wakiwa na afya njema wanaweza kujitengenezea maisha mazuri wao binafsi na watu wengine!

A VACCINE FOR ME!

BY TUNU YONGOLO

Achooooo! Mama sneezed. Achooooo! I turned around and saw mama leaning into her elbow; Achooooo! She sneezed again. This had been going on for more than a week, so I went to get Lulu, and shared with her how worried I was. We both rushed over to her, wrapped our arms around her, and told her it was time to go to the clinic.

Asante wanangu, mama said as we walked down the long winding road that led to our village health centre. *Afya ni kila kitu*. Lulu and I waited for mama in the waiting room, and we busied ourselves reading the many posters on the walls.

"HPV.... Mhhh...! ... what is HPV Tunu?" "I don't know Lulu."

Lulu started to read the words on the poster; "HPV is the short for Human Papilloma Virus. It is a viral infection that is..."

"Shhhhhhhh!" Tunu said, leaping to her feet. "People will hear you! It's better if we get someone to tell us."

"You ask then?"

"No! You ask!"

"Excuse me nurse, my sister and I were just reading that poster..." Lulu whispered, afraid to say it out loud. "Can you tell us more about it?"

Nurse: "HPV is a virus that can cause cervical cancer..."

Lulu: "Oh nurse! Not so loud! People will hear us. Is there anywhere more private we can go?"

Nurse: "There is nothing to be embarrassed about. It's great that you want to know more about it. Cervical cancer is a cancer that develops in a woman's cervix, the entrance to the womb from the vagina. But! Not to worry, there is a vaccine, and that's what the poster is about! The HPV vaccine's job is to prevent cervical cancer. It has two doses which are taken six months apart. It is very important that one gets both for the vaccine to be effective!"



Tunu: "Ahhhhhhh! I think I heard something about it at school!"

Nurse: Yes! You must be super smart if you remember! Indeed! The Ministry of Health would like to promote and strengthen the health services in Tanzania! So, it's rolling out of a nation-wide HPV vaccination strategy to all girls aged 14, both in and out of school. How old are you girls?

Tunu: I'm 14!

Lulu: I'm 13...

Nurse: All 14-year-old girls can get the HPV vaccine at school, health centers or through outreach services. That means HPV vaccine is specifically for you! It just takes a few minutes and that will help tomorrow's young women grow up healthier together. **The HPV vaccine is safe, free and available!**

Tunu: "Oh okay. Now I understand better. And the HPV vaccine, can it cure any other diseases?"

Nurse: Vaccines are formulated to prevent specific illnesses, and thus, the HPV vaccine is specific for the prevention of HPV.

Lulu: "Mmmh. Vaccines! I've heard that vaccines are very painful and can cause fainting?"

Nurse: That is inaccurate. Vaccines do not cause fainting! And just like any needle into the skin, there will indeed be a slight bit of pain, like a scratch, but it is quite temporary.

Tunu: "Why do you need both vaccinations? Isn't one enough?"

Nurse: For the vaccine to be effective, one has to receive both doses. This is very important.

At that moment, mother came out, and it was time for us to begin our journey home.

Tunu: "Thank you so much nurse! We will be sure to share this information with other girls our age!"

As we walked, mother inquired about our discussions with the nurse, and we had so much to tell her! We now understood how important the HPV vaccine was and how it was administered. Mother was so pleased! She was so happy to see that we had learnt more about our health and were taking initiatives! She then gave us her approval to receive the vaccine when the health officials came to our school! It was so nice sharing with mother!

Once we got home and helped mom in to rest, Lulu and I went into to the kitchen to begin preparing dinner.

"Tunu you're 14 now. Will you get your vaccine shot?"

"Of course, yes I will! But first I have to go tell Jojo and Tabia all about it!"

The HPV Vaccine must be taken in two doses for it to be effective. The second dose is to be received 6 months after the first one.

TAKE

ACTION

In your club, sit in groups and discuss various ways in which to talk to parents about the HPV vaccine. Then visit a nearby clinic or do some research in your community on where in your local area, the HPV vaccine can be obtained. Go ahead and share this information with your friends!

REMEMBER

Through living healthier lives, girls can create a bright future for themselves and others.



Rafiki ni nani?

Rafiki ni mtu fulani hivi spesho! Unamjali, anakujali, mna-*share* mambo mengi, hata yale ambayo huwezi kuwaambia watu wengine! Tena wakati wa ukuaji daaah, kuna mabadiliko yanatokea, yanakushangaza! Unatamani kumshirikisha mtu mmoja hivi, shoga kidawa!

Basi nasi tukatamani kujua, hivi watu hufanya nini na mabest wao? Tukaanza misele kusaka vijana 14 wenye miaka 14 ili watwambie: rafiki ni nani na ana faida gani?

Oops! Subiri kwanza, hivi ilikuwaje tukaamua kwamba wawe wasichana 14 wenye miaka 14?

Anhaa. Labda kwakuwa tulikuwa tunajadili kuhusu chanjo ya saratani ya shingo ya kizazi, chanjo ambayo inatolewa kwa wasichana waliotimiza miaka 14.

Basi tukajikuta tumejikita humohumo kwenye umri huo.

Sasa sikia walivyofunguka!

Isabella

Rafiki yangu ni mtu ambaye anapooni napotea, nafanya jambo lolote ambalo linaweza kukatisha ndoto zangu, ananishauri niache. Ni mtu ambaye anasifika kwa tabia nzuri, hivyo anafanya juu chini kuhakikisha nami nasifika kwa tabia njema.



Israh

Best yangu amebahatika kusoma English medium, hivyo anajua kizungu balaa! Basi natamani kuzungumza kama yeye, naye hana uchoyo, ananifundisha. Tena nikimsemesha kwa Kiswahili ananikumbusha. "Israh! English please. Practice makes perfect! Remember". Hata stori zetu tunapiga kwa Kiingereza. Si haba, nasogea.



Nyangoma

Rafiki yangu tunahimizana kusoma. Tutapiga stori sana tu lakini tumejiwekea malengo. Yeye anataka kuwa daktari wa watoto, mimi nataka kuwa mwalimu. Hivyo, inapofika muda wa *prep* tunahimizana kwenda darasani kusoma.



Rahma

Rafiki yangu anafanya vizuri sana kimasomo kuliko mimi. Hili jambo linamsumbua sana, anatamani nami nifanye vizuri, hivyo anifundisha na ku-*share* nami *material* alizonazo. Ananijali, namjali. Tunapendana.

Stumai

Mimi na rafiki yangu tunaishi mbali na shule. Ni mwendo wa saa nzima kwa mguu na tunapita kwenye kijipori fulani hivi, kinatisha! Basi tunafarijiana tunapokuwa njiani. Kila tunapojisikia uchovu, hofu, kiu, njaa, tunapeana moyo kwamba iko siku tutahitimu na tutafaulu vizuri tu, tutatimiza ndoto zetu.



Helena

Ninao marafiki wengi lakini kuna mmoja huyo, daah! Hata sijui nimwelezeje. Yaani tunaalewana kiasi kwamba naweza hata kumsindikiza hospitali, hata nikaingia naye kwenye chumba cha daktari. Kwakuwa tunaongea, anakuwa ameshanielezea anavyojisikia, hivyo kama hayuko poa, naweza hata kujibu maswali ya daktari kwa niaba yake. Nampenda.





Noela

Tena besti angu ni wajina wangu na tumepishana wiki moja tu kuzaliwa. Wenyeewe tunaitana pacha! Basi tunapendaaana! Tunasaidiana katika shida na raha. Ikitokea nina dharura sikuweza kuja shule ndiye mtu atakayenielekeza kila kilichofundishwa na ataniazima daftari nikacopy notes.

Zaituni

Huwa ni vigumu sana kwangu kuongelea mabadiliko ya mwili wangu. Ila kuna huyo shost angu mmoja, aisee! Namweleza! Tunaongea, tunashauriana, mengine yeye ameshayapitia, mengine mimi nimeyapitia yeye bado, hivyo tunashauriana.



Manka

Best yangu ni mtu ambaye niko huru kumshirikisha mambo mengi. Tena hata kwenye group discussion shuleni tumejikuta tuko kundi moja. Ninapokuwa period, tangu asubuhi namwambia "nikinyanyuka unitazame, nisije nikawa nimeshachafua sketi!". Ananielewa, tunacheeeeka! Lakini kazi anaifanya kwa uaminifu na ananitunzia siri zangu.



Hilda

Ninao marafiki kadhaa, lakini bado sio watu ambao nawaeleza mengi. Nakumbuka nilipokuwa mdogo niliwahi kuwa na 'marafiki' waliokuwa wakinipotosha, kidogo waniponze! Hivyo bado sijawa na imani sana na marafiki, najichanganya nao kwa tahadhari.

Veronica

Ninao marafiki wengi, lakini kuna yule shoga kidawa yule, anajijua. Uzuri ni kwamba best yangu amebalehe kabla yangu ingawa amenizidi miezi kumi tu. Mambo mengi ya ukuaji ninayoyapitia, yeye ameyapitia kabla yangu. Hivyo ninapoonachochoote kipya kikanishangaza, kimbilio langu ni yeye, na ananishauri vizuri.



Maria

Mimi napenda kuimba. Wengi wananiambia sina sauti nzuri, wananikatisha tamaa. Lakini rafiki yangu kipenzi, Veronica, anaamini katika ndoto yangu. Anaamini kwamba nikiweka bidii nitaweza. Nampenda sana.



Subira

Ndo kwanza nimehamia hapa shuleni, hivyo bado sijawa na rafiki wa kiviili. Lakini natamani nipate mmoja, nimwamini, aniamini, tushirikiane. Nahitaji mtu ambaye naweza kufunguka kwake hata ninapokuwa na changamoto binafsi za ukuaji na za kimaisha. Mtu ambaye tutashauriana kwa upendo.

Maryam

Shoga angu ni mtu ambaye tunakatazana mabaya. Tunashauriana na kukosoana bila kuogopana. Pia tunakumbushana mambo muhimu. Kwa mfano, tulipata chanjo ya kwanza ya saratani ya shingo ya kizazi kwa pamoja, hivyo huwa tunakumbushana mara kwa mara ili isike ikatokea tukasahau kupata chanjo ya pili baada ya miezi sita.



Naam! Hivyo ndivyo wenzetu 14 wenye miaka 14 wanavyozungumza kuhusu urafiki. Wewe je? Rafiki yako ni mtu wa aina gani? Ana faida gani kwako?



MWENZENU YALINIKUTA!

Nilikuwa naweza kuyaona hata
kwa kioo changu kidogo chenye nyufa
nilichokuwa nakihifadhi chini ya mto.
Hayo hapo, yanaonekana dhahiri kabisa,
ni kama yananitazama. Matiti yangu!
Matiti! Niliwaza. Yapata mwezi
sasa, na kila siku nashuhudia yakiongezeka.
Niliendelea kushikilia kioo, huku nikiwa
nimekitazama kifua changu. Matiti?
Nilijiuliza tena! Naota matiti? Inawezekanaje?
Mimi ni mvulana!

MY PUBERTY STORY

I could see them even through the little
cracked mirror that I kept under my pillow.
There they were, very visible and looking
right back at me. My breasts. Breasts!
I thought to myself. It had been almost
a month now, and every day, I had watched
my breasts grow. I continued to hold the mirror,
and stare at my own chest. Breasts?!
I asked myself again! I'm growing breasts?
How is that possible? I'm a boy!





Kila siku, nilijitahidi kuyapotezea. Naamka, naoga, navaa *uniform*. Lakini nikishavaa *vest*, shati na suruali, nayaona matiti hayo hapo yamesimama! Yamechomoza hatari! Daah! Niliwaza. Leo tena ni siku nyingine ya kubezwa na kuchekwa shuleni?

Nilikuwa mwanafunzi wa kutwa, kidato cha tatu, Shule ya Sekondari Misungwi na niliishi katika kituo cha kulea watoto yatima kilicho jirani na shule. Nilizaliwa mkoani Mara, mwaka 2003. Baba yangu alifariki nikiwa mdogo sana. Kwakuwa mama alishindwa kunitunza peke yake, alinipeleka kwa babu yangu aishiye Mwanza ambaye naye haikuwa kazi rahisi kwake kunitunza. Hivyo nilipeleka kwenye kituo cha kulelea watoto, na hapo ndipo nilipolelewa na *matron* na *patron* wa kituo. Kwa sababu hiyo haikuwa rahisi kwangu kufahamu mabadiliko ambayo nitayapitia kadri ninavyokua.

ONA, YULE PALE!

"Mwone! Kassim yulee!" Wavulana walininyooshea vidole na kuonyeshana! "Yule pale mvulana mwenye matiti!" Kisha waliangua vicheko. Kila aliyenifahamu alikuwa anajua kwamba mimi ni mtu ninayejihamini na nisiyogopa kusema ukweli, lakini hili suala la kuwa na matiti liliniondolea hali ya kujiamini. Hivi, naumwa? Nilishangaa. Nina kasoro? Lazima kuna kitu hakiko sawa! Nilihitaaji mtu wa kuzungumza naye. Nilihitaaji kuwaambia walezi wangu.

"Matron. Patron." Niliwasemesha jioni moja huku tukiwa tumelizunguka sinia, tayari kwa ugali wa mtama na mlenda ambao ndo kwanza ulikuwa umetengwa. "Naweza kuzungumza nanyi baada ya chakula?"

"Kwema?" Matron aliuliza, alihisi kutakuwa na tatizo.

"Kwema mama," nilimhakikishia.

Baadaye jioni ile, niliwaambia walezi wangu kila kitu.

Ni hali ambayo ilikuwa inanitatiza sana, tena sauti yangu ilikuwa ikitetemeka wakati nawaeleza, lakini nilijikaza.

"Ni balehe..." Patron alisema nilipomaliza kueleza. "Huu ni wakati ambapo mwili wa mtoto huanza kupevuka na kubadilika kadri anavyoelekea utu uzima. Wasichana huota matiti na kuanza kupata hedhi. Wavulana hupata sauti nzito na wengine huanza kuota ndevu.

Nilikuwa nimewahi kusikia mengi kuhusu balehe, lakini mimi binafsi nilikuwa sijapitia. Sikuwa na namna yoyote ya kujua kwamba hiki ninachopitia ndiyo balehe yenyewe. Ukweli ni kwamba, nilichokuwa nimewahi kusikia kuhusu balehe ni kwamba sauti yangu itakuwa nzito na kifua changu kitatanuka. Lakini cha kushangaza, hakuna hata mojawapo katika hayo lililokuwa limenitokea, hivyo nilijua kwa uhakika kwamba muda wangu haujafika. Ndiyo maana nilidhani kuota matiti ni ugonjwa.

Every day, I tried to shrug it off. I would wake up, take a shower, and put on my uniform. But once I was done wearing my vest, school shirt, and trousers, there stood my breasts, popping out again. Oh no! I thought to myself. Another day of being made fun of and laughed at, at school.

I was a day scholar in Form 3 at Misungwi Secondary School, and I resided at an orphanage nearby. I was born in Mara in 2003. My father passed away not long after I was born. My mother unable to care for me on her own, sent me to my grandfather in Mwanza who too, struggled to provide for me. I was then taken to a centre that looked after children, which is where I was raised by my matron and patron. Because of this, it wasn't easy to always learn about all the changes I would face growing up.

THERE HE IS!!

"Look! Here comes Kassim!" The boys would point at me and call out! "Here comes the boy with breasts!" They would then all burst into uncontrollable laughter. Anyone who knew me knew that I was confident and outspoken, this issue with breasts was really bringing me down. Am I sick? I wondered. Am I abnormal? Something must be wrong with me! I needed someone to talk to. I needed to tell my guardians.

"Matron. Patron." I said one evening as we all sat around the *sinia*, ready to dig into the ugali wa mtama and mlenda that had just been made. "After dinner, can we please talk?"

"Kwema?" Matron asked, always concerned that something is wrong.

"Kwema mama," I reassured her.

Later that evening, I told my guardians everything. I was so confused, and my voice quivered as I spoke, but I tried very hard to keep strong.

"It's puberty..." Patron said. "This is when a child's body begins to develop and change as they become an adult. Girls develop breasts and start their periods. Boys develop a deeper voice and facial hair will start to appear.

I had heard so much about puberty, but I myself hadn't gone through it. There was no way I could have known that this was what it was. Matter of fact, what I had heard about puberty was that, pubic hairs would grow in certain places, my voice would deepen, and my shoulders would broaden. But shockingly, none of that had started happening to me so I was certain it wasn't my time yet. That's why I thought growing breasts was a disease.

IKO HIVI...

"Wavulana na wasichana wana homoni kwenye miili yao." Patron aliendelea, "homoni hizi hujiielekeza sehemu tofauti za mwili na kufanya kazi huko kutegemea jinsi yako. Wakati wa balehe, kiwango cha homoni kwa wavulana hutofautiana. Kama homoni ya testosterone ikipungua, homoni ya estrogen inaweza kusababisha tishu za matiti kukua. Baadhi ya wavulana waliofikia umri wa balehe hupitia hali hii ya matiti kukua kwa kiasi fulani, sio wewe peke yako! usihofu Kassim, ni hali ya mpito tu. Yatapotea muda si mrefu."

"Nakushauri ufanye mazoezi." Matron alisema. "Kimbia, cheza mpira, na ujisomee zaidi kuhusu balehe na homoni kila unapopata muda. Kwa kufanya hayo utajenga mwili na akili," alinieleza. "*An idle mind is the devil's playground*", patron aliongeza, akimaanisha kwamba *akili isiyofanya kazi ni uwanja wa shetani*. Ulikuwa ni ushauri mzuri sana!

Miezi michache baadaye, matiti yangu yalinywea, lakini balehe iliendelea kuwa changamoto kubwa. Siwezi kusahau siku niliyomwandikia barua msichana wa kidato cha kwanza, akaipeleka barua ile kwa walimu, wakaichukua na kuisoma *assembly* mbele ya wanafunzi wote na rafiki zangu! Hadi leo sijawahi kukumbana na tukio lililolifedhehesha kama lile! Nilijuta na nitaendelea kukijutia kitendo kile kwa muda mrefu sana.

Baada ya tukio lile, kijana mmoja hivi mkubwa kidogo alinifuata darasani. Akaniambia kwamba ameona jinsi nilivyohuzunika na kufedheheka kwa kilichotokea. Akanishauri niwe makini zaidi, nisijihangaishe na mihemko ambayo huambatana na balehe, bali nipotezee tu na kujikita kwenye masomo.

Ilikuwa ni baraka kubwa kwakuwa hakuna mtu mwingine yeyote aliyekuwa amenifuata na kuzungumza nami, kunishauri kuhusu mambo yanayohusiana na balehe. Nilikuwa nikiwaona wengine ambao wamebalehe kabla yangu, wakati mwingine nilisikiliza mazungumzo yao. Walizungumza mengi, ambayo sikuyaelewa wala kuyafahamu, kama kupata mihemko na kuongezeka kwa hamu ya msosi, lakini niliendelea kusikiliza kwa makini.

THIS IS WHAT THEY ARE...

"Boys and girls have hormones in their bodies." My Patron had continued, "and depending on whether you're a boy or a girl, these hormones go to work on different parts of the body."

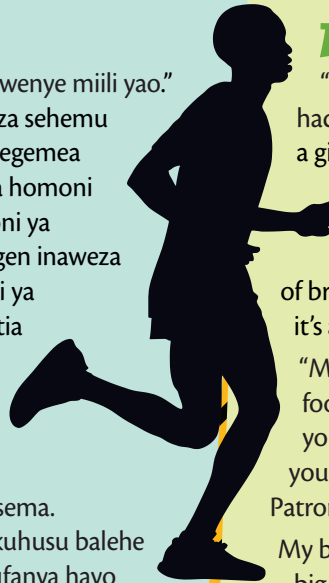
During puberty, boys' hormone levels vary. If the level of testosterone drops, estrogen can cause breast tissue to grow. Some teenage boys have some degree of breast enlargement, it's not just you! Don't worry Kassim, it's all just temporary. They will go away very soon."

"My advice is that you exercise a lot." Matron said. "Run, play football, and read more about puberty and hormones whenever you have time. This will build your body and mind, and also keep you active," she explained. "An idle mind is the devil's playground." Patron added. It was great advice!

My breasts disappeared a few months later, but puberty remained a big challenge. I can never forget the day I wrote a letter to a girl in form one, and she took the letter to the teachers who then read the letter at assembly in front of all the other students and my friends! Till today I have never been so embarrassed, and I will continue to regret doing that for a very long time.

After that incident, an older boy followed me to my classroom. He told me that he had seen how sad and bothered I was about what had happened. He then coached me to be more careful, to pay no mind to puberty issues and just continue well with my studies.

It was a great blessing because I hadn't had anyone else talk to me and to advise me on issues related to puberty. All the while I had watched others who hit puberty before me, and I would listen to the conversations they had. There was so much they talked about, that I didn't understand or know of, like urges and appetite, but I continued to listen attentively.





VIJANA WENZANGU...

Sasa nafahamu zaidi na naomba kuwaambieni vijana wenzangu, utakapofikia balehe, usiige kila unachokiona kwa wengine. Kila mtu ni wa kipekee na kila mtu ana taarifa tofauti. Tafuta taarifa sahihi. Endelea kuheshimu watu wote na kuwa mtiifu. Usikubali balehe ikupumbaze kwamba sasa wewe ni mtu mzima. Mwisho, usikubali shinikizo rika. Ukienenda kwa usahihi, utavuka salama!

Naitwa Kassim Anniceth Alfaksaad, na kama kuna elimu ambayo siku zote nimetamani ningekuwa nayo kabla ya balehe ni hili suala la wavulana kuota matiti. Natamani ningejua mapema! Hakuna anayeweza kuelewa ni kwa kiasi gani jambo hili lilinisumbua! Natamani pia ningekuwa nafahamu kuhusu nywele zinazoota sehemu za siri, kuhusu mihemko na mambo yote ambayo yalikuwa mbioni kunitokea wakati wa balehe. Leo hii nawasimulia stori yangu ili wote myafahamu haya!

KUMBUKA

Fanya mambo ambayo yanaujenga mwili na akili yako, na ujiweke busy. Akili isiyofanya kazi ni uwanja wa shetani!

CHUKUA

HATUA

Katika club yenu, shirikishaneni changamoto mbalimbali mlizozipitia namna gani kilikuwa au ni wakati wa balehe. Kitu gani kilikuwa au ni changamoto kubwa kwako? Waeleze wenzako ni namna gani ulitatu au unatatu changamoto hiyo na fikirieni namna nzuri ya kuelimisha wengine kuhusu changamoto za balehe na namna ya kukabiliana nazo.

MY FELLOW YOUTH...

Now I know more, and I can tell you my fellow youth, once you reach puberty, do not imitate what you see. Everyone is different and everyone has different knowledge. Look for the right information. Remain respectful, and obedient to your elders and teachers, and do not let puberty fool you that you are now an adult. Lastly! Do not give in to peer pressure. Your future is bright if you follow the right path!

I am Kassim Anniceth Alfaksaad, and what I wish most is that I had had the education about breasts growing on men during puberty. I wish I knew this! No one can understand just how much it troubled me! I wish I also knew about pubic hair, about sexual urges and all the things that were soon to happen to me during puberty. I now share my story with you all, so that you too can know!

REMEMBER

Do things that build your body and mind, and also keep yourself active. An idle mind is the devil's playground!

TAKE

ACTION

As a club, share with others, what was your most challenging issue that you faced during puberty. Share how you overcame it and think of a creative way to educate others on how best to handle puberty and all its changes.



NJIA PANDA

MABULA NI MWANAFUNZI WA KIDATO CHA PILI, AMEINGIA KIPINDI CHA BALEHE. HALI MBALIMBALI KAMA VILE MIHEMKO, AIBU, FEDHEHA, MVUTO, NDOO NYEVU VINAUSHAMBULIA MWILI WAKE KWA PAMOJA. ANAKABILIANA VIPI NA HIZO HALI? FUATILIA...

AYAA WEE!
LEO TENA
DAH!

DUH!
NOMA,
HIKI NINI
SASA?

Babatau Media Inc. 2020

MAMBO
ZENU JAMANI,
SAMAHANI
MABULA
NAKUOMBA
MARA MOJA!

POA

SAWA

MISOJI YUKO PEMBENI
ANAONGEA NA MABULA

JAMANI
MISOJI
AMETUMWA
NA MWALIMU
AMESEMA
MUNGIE
DARASANI!

LAKINI
MBONA
UMERUDI MNARA
UKO NETWORK
FULL?

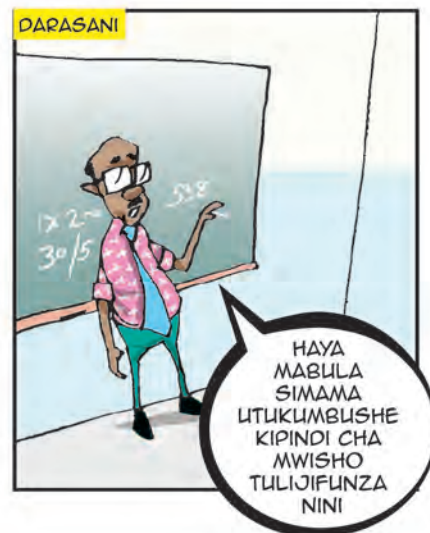
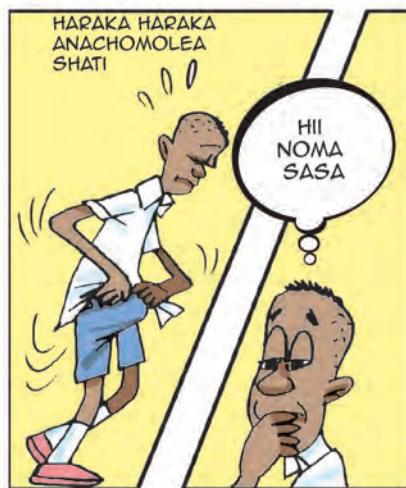
MABULA AKIJARIBU KUINUKA KUJIBU SWALI

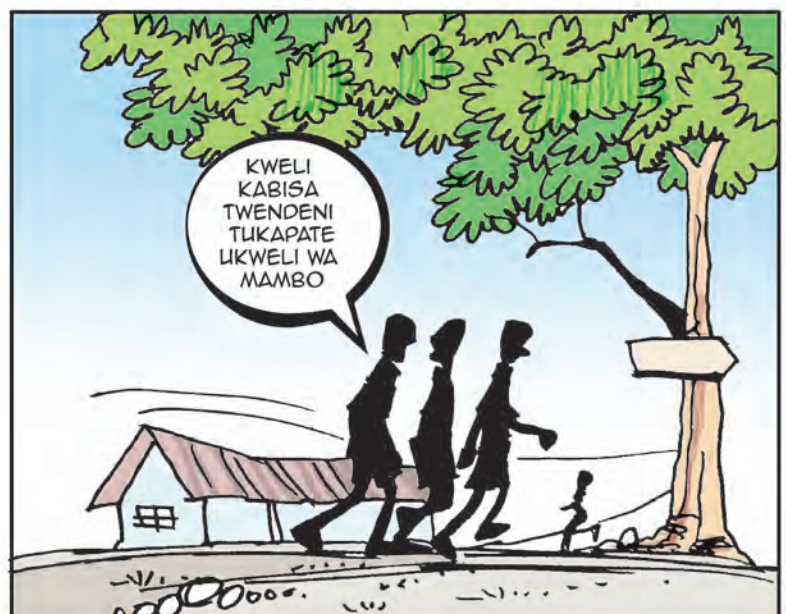
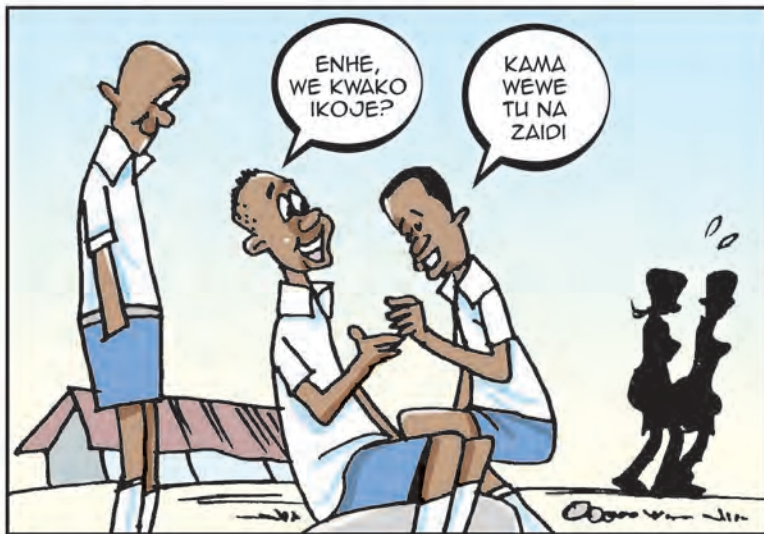
JIBU
HAPO HAPO
UKIWA
UMEKAA

MUDA WA MAPUMZIKO

MAMBO
YETU YALEEEEE,
YANAKUITA!

MABULA
NAONA
UMERUDI NA
KASI YA 5G!





Mdogo mdogo, usipanick!

NA RAPHAEL NYONI

Karibuni, karibuni sana. Penyewe pale, ndio hapa! Kwa lugha ya shangazi wanasema 'Information is power'. Hivyo basi karibuni mpate taarifa zitakazowasaidia kufanya maamuzi sahihi.

Mabula na rafiki zako, ni muhimu mfahamu kuwa, kipindi cha balehe ndio kipindi ambacho vijana, wa kike na wa kiume, hupitia changamoto nyingi sana katika miili yao, na usipokuwa makini, hapa ndipo maisha yanaweza kupinduka kabla hata haujayafaidi.

Kwa wanaoweza, rejea toleo la Fema la Jokate, funua ukurasa wa 58, hapo utapata mengine mengi zaidi kuhusu suala hili. Lakini hata hapa wacha tuzungumze pia, japo kidogo. Tuanze na nini?

Mabadiliko ya mwili

Kama Mabula, ni kawaida kwa wavulana wanaobalehe na waliobalehe kuamka asubuhi na kukuta uume umesimama, japo si lazima iwe hivyo. Hii hutokana na misuli kurelax unapolala na mzunguko wa damu kufanyika kwa ufanisi zaidi, hivyo damu hujaa katika uume. Saa zingine pia husababishwa na mkojo kujaa katika kibofu, ukishajisaidia unarudi katika hali yake ya kawaida.

Ufanyeje sasa?

Ikikutokea hali ya kusimama kwa uume ukiwa kwenye kundi la watu au hadharani, bila shaka utataka kuificha hali hii, kuwa tu mjanja, usipanick, tafuta njia na ujaribu kufanya kitu cha kuhamisha mawazo yako, keti kama ulikuwa umesimama. Itapita. Na kwenye suala la ndoto nyevu ni kawaida, wala usiwaze.

Nisijesahau kuwaambia kuwa, wakati mwingine yote haya yanaweza pia kutokana na fikra. Yes fikra! Ukikaa na mtu wa jinsi nyingine na ukaanza kupata hisia juu yake, au ukimuwaza sana, unaweza ukajikuta mwili ukisisimka, uume ukisimama n.k. Chakufanya ni kujitahidi kubadilisha mawazo yako. Wewe ndiye mwenye uskani wa mwili wako.



Ukiwa usingizini...

Kuna suala la ndoto nyevu pia, unaamka unakuta shuka au boxer imechafuka. Hili kila mmoja humtokea kwa namna yake. Wapo engine hupata hizi ndoto mara chache na wengine hupata mara nyingi zaidi. Hakuna makuu sana hapa, hii hutokea tu kwa sababu ya ongezeko la homoni ya *testosterone* mwilini. Ni kawaida.

Wacha hii iishie hapa kawa leo, ila yapo mabadiliko mengi zaidi ya kimwili yanayotokea wakati wa balehe. Kufahamu zaidi, soma makala ya Chezasalama ukurasa wa 16-21. Humo utayakuta yote!

ZINGATIA

Balehe ni ukurasa muhimu katika kukua kwa kila mmoja wetu. Balehe sio tiketi ya kuingia katika mahusiano au kufanya ngono. Usiwasikilize marafiki kama Shija na wenzake, wanaokushawishi kufanya hivyo. Geuza changamoto kuwa fursa! Kipindi cha balehe mwili una nguvu nyingi na unaenda kasi, utumie muda huu kufanya mambo yenye tija. Anza mazoezi na kushiriki michezo ili kusaidia kuutuliza mwili. Soma vitabu vingi, anzisha project kama vile kulima bustani, kusaidia shughuli za nyumbani kwa wasiojiweza, muhimu ni kuangalia kitu gani kitafaa kufanya kuendana na mazingira yako ambacho kitambacho kitakuweka bize.

Msitu wa giza

Hapo zamani za kale alikuwepo mfalme mmoja aliyeitwa Haji, alikuwa na watoto wawili, wa kike na wa kiume. Mtoto wa kike aliitwa Tuma na wa kiume aliitwa Timo. Mfalme Haji aliwapenda sana watoto wake. Timo alikuwa kijana mwenye kiburi na roho mbaya. Hakujali watu. Lakini Tuma alijali sana watu, aliwapenda na kuwasaidia wenye shida.

Siku moja mfalme aliwaita watoto wake na kuwaeleza; "wanangu umri wangu sasa ni mkubwa na tayari nimekuwa mzee na sitoweza kuishi miaka mingi. Sasa nataka kuacha madaraka mikononi mwenu lakini kwa sharti moja. Timo akahamaki na kuuliza ni sharti gani hilo baba? Mfalme akasema, yeyote kati yenu atakayeniletea ua la waridi lenye harufu nzuri kutoka katika msitu wa giza ndiye atakayerithi ufalme wangu.

Timo na Tuma walitazamana na kushangaa, waliogopa sana kwa sababu hakuna aliyewahi kwenda katika msitu huo wa giza. Timo alifurahi sana kwa sababu alijua yeye ni mwanaume lazima atakuwa mfalme. Kwa upande wa Tuma yeye hakuwa na furaha kwa sababu hakuja atawezaje kuingia katika msitu huo wa giza.

Asubuhi na mapema watoto hao walianza safari ya kuelekea msituni. Walitembea mwendo mrefu sana bila mafanikio, lakini ghafla kwa mbele walimkuta bibi kizee amekaa chini huku machozi yakimtiririka. Tuma alipomwona alimfuata na kumuuliza kilichomsibu, cha ajabu Timo alianza kumcheka yule bibi na kusema "We kizee unalia nini? Inabidi ufe tu, kwanza umri umekwenda". Tuma alihuzunika sana. Timo akaamua kuondoka na kumwacha dada yake na yule bibi kizee. Ndipo yule bibi kizee akamweleza Tuma. Mjuku wangu, shida yangu mimi, nina kiu na njaa. Tuma alitoa chakula akampatia, kisha akamweleza sababu ya yeye na kaka yake kuwa pale msituni. Yule bibi alimwambia Tuma aende na atafanikiwa katika malengo yake.

Timo alitembea sana na kukuta maua waridi mengi tu. Lakini kila ua alilolishika na kunusa alisikia harufu mbaya sana. Alisikitika sana. Lakini Tuma alipofika msituni, ua la kwanza tu alilolichuma lilikuwa na harufu nzuri sana. Akalichuma na kurudi nalo nyumbani kwa furaha.

Alipofika nyumbani, mfalme alifurahi sana kuona kwamba binti yake amefanikiwa. Aliwaita wananchi na kuwaelezea kisa chote. Wananchi walifurahi sana kwakuwa walikuwa na hamu ya kuongozwa na malkia mwenye hekima na upendo. Mfalme alimkabidhi ufalme Tuma na ndipo Timo akakasirika na kuamua kuondoka. Akaenda zake nchi ya mbali kwa aibu na fedheha kubwa.

Hadithi hii inatufundisha kuwathamini watu tusiowajua maana hatujui milango ya mafanikio yetu.

Imetungwa na,

Fatuma Majuto Manoni.

Shule ya Sekondari Ruvu -Pwani

Pongezi nyingi kwako Fatuma kwa hadithi tamu kama ua la waridi. Umejishindia fulana kabambe kabisa kutoka Femina - Mhariri.



Una hadithi uliyotunga mwenyewe?

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

Hadithi isiyoziidi
maneno 350

Mambo vipi wadau makini kabisaaaaa?! Ni wakati mwingine tunakutana tena katika ukurasa wetu wa kujidai na kupaza sauti zetu. Kwasababu dunia inaenda mbio na teknolojia imeshika kasi hivyo wadau wetu wanafunguka kupitia mitandao yetu ya kijamii, Facebook, Instagram na Twitter, zote ni @femina Hip. Ila pia wadau wa barua pepe wapo kupitia info@feminahip.or.tz, na SMS 0753 003001. Posta nako mambo ya S.L.P hayakosekani, kwenye kisanduku namba 2065.



Jackline Temu
October 24 · 🌐

Kimani sec fema club tumekiwashaaaaaaa,
matembelee yapo tayar mpango wa mavitamins tu,



Tulijikumbusha enzi za Mwalimu:
Ni maneno gani ambayo unayakumbuka,
hayati baba wa Taifa aliwahi kuyasema?

Kelvin_masea: Mwalimu alitukumbusha kuwa "Elimu sio kipande cha mkate, kwamba ukimmgea mwenzako wewe utapungukiwa....."



Femina Hip @FeminaHip · Sep 22

Maneno gani ambayo unayakumbuka, hayati baba wa Taifa aliwahi kuyasema kuhusiana na elimu? #Alisema #Tanzania



#Alisema

Kuhusu elimu,
Mwalimu Nyerere
aliwahi kusema,

“.....”



Paul Lukumay, Kimani High School,
Kisarawe, umetisha mnoooo na shairi hili!

I'm In Love With Science.

I declare to the world today
The world of single boys and girls
That I got a fiancée
Am no more a bachelor.

I am in love with Physics
Our love has no error
I have fallen in love to her
Neither influence of gravity
Nor a projectile motion

I am in love with chemistry
Cause our love is an atom
It is neither created nor destroyed
Maybe it was found
To be a bond

I am in love with Mathematics
Cause she is so romantic
And her love is parabolic
She settled our children in logic
She coordinates me with value of Y and X
With her eyes sweet like matrix
Her lips have variation
Her nasty sound with factorization
Putting my mind and brain in an equation
With an intersection
Of our love relation.



WADAU WA SMS WALIPAZA SAUTI.

Aisee Pongezi kwenu Fema, kuna toleo la April limenifanya nikae sawa kiakili kulingana na mazingira yaliyokuwa yamenikabili. Niliyumba kidogo kiakili lakini kwa kusoma mazungumzo tiba nashukuru nipo vizuri sasa.

Asante kwa SMS yako. Tunakupongeza pia kwa kuwa mfuatiliaji mzuri wa kazi za Femina Hip. Big up sana.

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@feminahip.or.tz

SMS: 0753003001

Shikamoo Mpendwa Anti. Naitwa Sabrina, niko Iramba, Singida. Hivi anti, ni yapi madhara ya ukeketaji?

◆ Marhaba Sabrina. Ukeketaji unavuruga utendaji kazi wa asili wa mwili wa mwanamke na una madhara makubwa kwa afya ya wanawake na wasichana. Madhara yanayoweza kutokea ni pamoja na kutokwa na damu nyingi wakati wa ukeketaji na wakati au baada ya kujifungua, maumivu makali ya muda mrefu, hatari ya mama mwenye ujauzito kujifungua mtoto kabla ya muda, hatari ya kupata fistula na pia inaweza kupelekea kifo. Ukeketaji unaathiri mfumo wa nje wa viungo vya uzazi hivyo ni rahisi mhusika kupata maambukizi ya magonjwa mengine kama maambukizi katika njia ya mkojo na VVU. Pia mwanamke au msichana anaweza kupata madhara ya kisaikolojia au msongo wa mawazo kutokana na maumivu ya muda mrefu. Usisite kupata huduma za afya endapo una changamoto zozote kwenye via vya uzazi. Ikiwa wewe au mtu unayemfahamu yuko kwenye hatari ya kufanyiwa ukeketaji, toa taarifa kwenye Dawati la Jinsia na Watoto katika kituo cha polisi kilicho karibu nawe, pia unaweza kupiga simu kwenda namba 116 kwa msaada zaidi.

Mpendwa Anti. Naitwa Aida, napatikana Ngerengere. Anti naomba kujua, hivi bikira ni nini?

◆ Asante kwa SMS yako Aida. Ubikira ni hali ya msichana au mvulana kutokuwahi kabisa kufanya ngono ya aina yoyote. Baadhi ya wasichana wanaweza wakawa na ngozi nyembamba ukeni kuonyesha ubikira lakini wengine hawana kabisa japo hawajawahi kufanya ngono. Huwezi kumtambua bikira kwa kumuangalia na si wote hutoka damu au kupata maumivu wanapofanya ngono kwa mara ya kwanza. Mtu akishafanya ngono si bikira tena, hawezi kurudisha ubikira wake hata kama atakaa tena miaka mingi bila kufanya ngono. Kumbuka, inawezekana kupata ujauzito na pia ni rahisi zaidi hasa kwa msichana kuambukizwa au kuambukiza virusi vya ukimwi anapofanya ngono mara ya kwanza. Subiri kwanza, usifukuzie ngono, fukuzia ndoto zako.



Mpendwa Anti. Pole kwa kazi. Naitwa Siima Kamugisha wa Omumwani. Anti naomba unielimishe. Hivi ni kwa nini chunusi zangu haziishi?

◆ Mpendwa Kamugisha. Pole. Chunusi huanza wakati wa balehe na husasababishwa na mabadiliko ya homoni yanayopelekea ngozi kuwa na mafuta zaidi kwa viwango tofauti. Vitundu vya hewa huziba na kusababisha bakteria kuzaliana na kutengeneza chunusi. Inapaswa ufahamu una ngozi ya aina gani ili kutibu chunusi. Safisha uso wako mara mbili kwa siku, ukitumia maji ya uvuguvugu na sabuni ya kawaida. Kama ngozi yako ina mafuta usipake mafuta yoyote usoni. Punguza ulaji wa vyakula vyenye mafuta, kunywa maji angalau lita mbili kwa siku na pata mlo kamili. Usidanganywe, kufanya ngono hakutibu wala kuongeza chunusi. Kwa kawaida chunusi huisha zenyewe bila tiba. Subira ni ya muhimu sana. Hata hivyo, baadhi ya watu wanaweza kuhitaji msaada wa daktari mtaalam wa ngozi. Kwa walio wengi chunusi zinagoma kuisha kwasababu wanatumia dawa nyingi bila ushauri wa wataalamu, jambo ambalo huharibu hali ya asili ya ngozi. Kama hali itazidi kuwa mbaya, fika hospitalini upate ushauri wa daktari.

Mpendwa Anti. Shikamoo. Naitwa Abigail, niko Kayanga. Naomba kuuliza; Je, kuna urafiki wa kawaida kati ya msichana na mvulana?

◆ Habari Abigail. Marhaba. Inawezekana kabisa kwa msichana na mvulana kuwa na urafiki wa kawaida hasa kama malengo na matarajio ya huu urafiki yanafanana na yako wazi kwa kila mmoja. Mara nyingi urafiki huu una faida nyingi mfano kusaidiana kwenye masomo au kupeana mbinu za kutimiza ndoto za wote wawili au zaidi, hasa katika kazi na biashara. Zinapotokea changamoto zozote miongoni mwa marafiki wa aina zote, ni vema kusimamia misingi na kuheshimu mipaka ya urafiki huu, bila kuyumbishwa na maoni au mitazamo ya watu wengine.



ANTI COS ANAJIBU MASWALI YENU

Mpendwa Anti. Habari. Naitwa G.K niko Gairo. Najiuliza, hivi ngiri ni nini na tiba yake ni nini?

♦ Salama kabisa G.K. Ngiri au Hernia ni hali ambayo inaweza kumpata mwanamke au mwanaume. Hali hii hutokea ikiwa kuta zinazoshikilia viungo vya ndani vya mwili kupoteza uimara wake au kuwa na uwazi na hivyo kusababisha sehemu ya viungo hivyo kuhama na kuingia sehemu nyingine. Kuna ngiri za aina nyingi kulingana na maeneo yanayothiriwa zaidi kama vile tumboni hasa eneo la kitovu, eneo la kinena (groin), juu ya paja au maeneo ambayo kuna makovu baada ya upasuaji. Japokuwa mtu yeyote anaweza kupata ngiri, walio kwenye makundi haya wako kwenye hatari zaidi: wenye uzito mkubwa wa mwili hasa walioongezeka uzito kwa ghafla, wanaofanya kazi ya kunyanyua vitu vizito, wenye tatizo la kukohoa au kupiga chafya kwa muda mrefu pamoja na akina mama wajawazito. Tiba ya ngiri hutegemea aina ya ngiri inayomsumbua mhusika, endapo una tatizo hili, fika hospitalini.

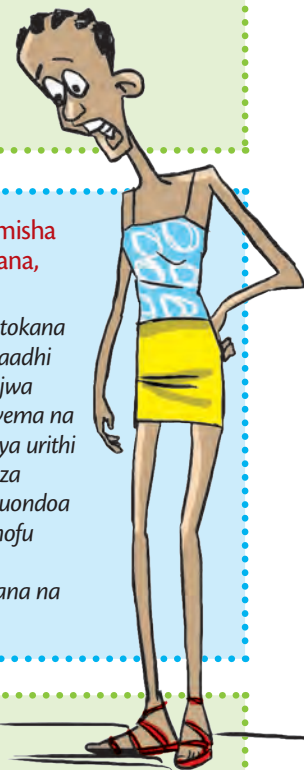


Mpendwa Anti. Pole kwa kazi. Naitwa Z.A, niko kidato cha tatu. Anti, kuna mwalimu hapa shuleni ananitongoza, nimemkataa, ananipa adhabu sana, nifanyeje?

♦ Mpendwa Z.A. Pole sana. Suala la mwalimu kumtongoza mwanafunzi ni kinyume cha maadili na ni kosa kwa mujibu wa Sheria ya Makosa ya Kujamiiiana na miongozo ya elimu. Jambo hili pia huathiri maendeleo ya kitaaluma na hatimaye ndoto za mwanafunzi kutotimia. Tafadhali toa taarifa katika Dawati la Jinsia na Watoto kwenye kituo cha polisi kilicho karibu nawe, au unaweza kufika ofisi za TAKUKURU. Toa taarifa kuhusu matukio ya udhalilishaji/ unyanyasaji kingono kwa wanafunzi au yeyote kwenye jamii yako kwa kupiga simu au kutuma SMS kwenda namba 113. Unaweza pia kutoa taarifa kwenye ofisi ya elimu kata au wilaya unayoishi. Ni vema pia kuwataarifu wazazi au walezi wako. Ni wajibu wa kila mmoja wetu kukomesha unyanyasaji wa kijinsia mashuleni na kwenye jamii zetu. Toa taarifa endapo wewe au unayemfahamu anakumbana na hali hii.

Mpendwa Anti. Kwanza shikamoo. Pili, pole kwa kazi ya kuelimisha jamii. Naitwa Salima, niko Isimani. Anti, mimi mwembamba sana, je, nina tatizo gani?

♦ Marahaba Salima. Asante. Salima, wembamba sana unaweza kutokana na lishe duni, hasa kama huna mlo wa uhakika kila siku au kukosa baadhi ya vyakula kwenye mlo wako. Pia unaweza kusababishwa na magonjwa kama minyoo ya tegu na magonjwa mengine. Lakini kama unakula vema na huna magonjwa, basi wembamba unaweza kutokana na vinasaba vya urithi hasa kama ukoo wenu hauna watu wanene. Wembamba pia unaweza kutokana na uwezo wa mwili wako kumeng'anya chakula vema na kuondoa ziada yote mwilini bila kuhifadhi. Kama huumwi chochote usiwe na hofu kwani ukianza kunenepa inaweza kuwa vigumu kuweka kipimo na kupunguza tena uzito baadaye. Kama wembamba wako unaambatana na changamoto nyingine za kiafya fika hospitalini kwa msaada.



Mpendwa Anti Cos. Hivi, U.T.I. ni nini na inaambukizwaje? Mimi ni Eliudi Kisesa, niko Kahama.

♦ Asante kwa SMS yako Eliudi. Maambukizi katika njia ya mkojo (U.T.I) ni ugonjwa unaosababishwa na bakteria kuingia kwenye njia/mfumo wa mkojo. Bakteria hao wanaweza wakatoka kwenye njia ya haja kubwa, sehemu nyingine mwilini au katika vyoo vichafu. Ili kupunguza uwezekano wa kupata U.T.I. ni vema kunywa maji angalau lita mbili kwa siku, kutobana mkojo muda mrefu, kutumia vyoo safi, kwa wanawake kutokaa na pedi muda mrefu pamoja na kujisafisha toka mbele kuelekea nyuma baada ya kujisaidia. Pia tunza usafi wa mwili. Dalili za ugonjwa huu zinaweza kuwa maumivu wakati wa kukojoa, kubanwa na mkojo kila mara au homa kali. Ukiwa na dalili hizi nenda hospitali upate tiba sahihi.



Habari za kazi Mpendwa Anti. Hivi ukifanyiwa tohara uume unapungua? Hupati Ukimwi? Naitwa Antipas M. Niko Tukuyu.

♦ Hello Antipas. Kwa wanaume, tohara huondoa ngozi inayofunika kichwa cha uume, hivyo haisababishi uume kupungua. Ngozi hii huhifadhi nyevunyevu na inaweza kuhifadhi vijidudu vya magonjwa mbalimbali. Ikiondolewa husaidia kuacha uume mkavu na pia kuifanya ngozi ya kichwa cha uume imara zaidi na hivyo kupunguza uwezekano wa maambukizi. Kumbuka tohara inapunguza tu uwezekano wa kupata maambukizi, haizuii kabisa, hivyo ili kujikinga na magonjwa ya ngono na VVU acha kujamiiiana.

MUULIZE ANKO PESA!



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

Anko Pesa mimi naitwa Editha kutoka Songwe. Nilihitimu kidato cha nne mwaka 2015 hata hivyo sikufanikiwa kuendelea na masomo.

Ndoto yangu ni kufanya biashara ya kufuga kuku wa kienyeji. Swali langu je, ni zipi njia bora za ufugaji wa kuku ili kupata mayai mengi?

Hongera Editha! Pongezi kwa kubuni mradi huu wa kufuga kuku wa kienyeji. Ili kupata mayai mengi sharti kwanza kufuga kuku wako katika mazingira ya usafi na lishe bora. Kuku wako wapate chakula cha kutosha, maji safi, chanjo na madawa, na sehemu ya kufugia yenye hewa ya kutosha. Kisha andaa sehemu nzuri ya viota vya kutagia eneo ambalo mayai hayawezi kuliwa na wadudu au wanyama waharibifu. Kwa taarifa nyingine kuhusu njia sahihi ya kupata mayai mengi piga simu zifuatazo kwenye shirika linalojishughulisha na maendeleo ya ufugaji wa kuku la Farmers Market 0752 367 114 au 0719 238 055.



Hello, Anko Pesa. Mimi ni mwana Club wa Fema katika Shule ya Sekondari Maganzo. Je, tutumie mbinu gani ili kufanikisha kikundi chetu? Pia tungependa kufungua Kikoba au Saccos shuleni. Je, hili wazo linaweza kufanikiwa kukuza kikundi? Josephina Goodluck, Shinyanga.

Habari za kwako Josephine? Kwanza nawapongeza sana wana Club ya Fema ya Maganzo Sekondari kwa kutamani kufungua Saccos hapo shuleni. Kwa kifupi, wazo lenu ni zuri lakini kwa kuwa nyinyi ni wanafunzi, ni lazima muwe makini kuhakikisha mnapanga vizuri vipaumbele vyenu. Cha kwanza shuleni ni masomo, halafu ndio mengine yafuate. Mnaweza kuitumia club yenu kama sehemu ya kujifunza mbinu za kuendesha Saccos, mkajaribu mambo mbalimbali yanayohusu kujiwekea akiba lakini bila kuisajili rasmi, kwasababu hapo mko shule na kila mwaka kuna wenzenu wanahitimu na kuondoka. Na mimi Anko wenu nitaendelea kuwapiga darasa ili mpaka mnapomaliza shule mnakuwa mmeiva vizuri tayari kuanzisha Saccos nje ya shule.

Saccos ni kitu endelevu. Kinaanza kama kikundi kisicho rasmi kisha kinajirasimisha chenye kinapokua polepole. Kwa hiyo mnapoanzisha Saccos yenu mnaangalia ustawi wake unavyoendelea kisha mnaisajili. Lengo kubwa la Saccos ni kutoa mfumo wa kuweka akiba kwenye maeneo ambayo hayajafikiwa na taasisi rasmi za fedha.

Mkishaweka akiba kila mwanachama anaweza kuchukua mkopo wa dharura na Saccos yenu inaweza ikawekeza kwenye mifuko au taasisi rasmi za fedha ikaweza kukopa mara tatu ya fedha ilizoweka. Mkifikia hapo mikopo midogomidogo haitakuwa kikwazo kwenu.



Hongera kwa kazi ya kuelimisha vijana. Naitwa Andrea, na napenda kujishughulisha biashara ndogondogo, lakini kiukweli, mbinu za kutunza faida ninayoipata sizifahamu. Je, nifanyeje ili niweze kukuza mtaji?

Kijana wangu Andrea, Kwenye biashara mtaji ni kama mbegu. Mbegu hupandwa, huota, hutunzwa, kisha huzaa matunda ambayo huvunwa na kuuzwa. Ila kabla ya kuuzwa inapaswa utoe na kuweka pembeni mbegu za kupandwa mzunguko ujao. Kama unataka kuongeza mavuno basi huna budi kuongeza mbegu. Mbegu zaidi, mazao zaidi! Ukila mbegu zote ujue umeua biashara. Kumbuka, mbinu ya kutunza faida ni kutokula mbegu zako. Hii ina maana gani kwenye biashara yako ndogondogo? Unapaswa kutunza faida kwa kurekodi mauzo yote ya siku au msimu na kisha kuyaingiza katika hesabu ya mauzo na kuiweka benki (au sehemu nyingine salama). Katika taarifa yako ya fedha tenganisha hesabu mbali na mtaji, mauzo na matumizi. Mtaji unazaa mauzo kisha mauzo unaamua yaende kwenye matumizi gani. Kipaumbele cha kwanza kinapaswa kiende kwenye kutenga mtaji. Ikiwa unataka kuongeza mtaji basi unauongeza kutoka kwenye mauzo. Baada ya kutoa mtaji kwenye mauzo inayobaki ndio inaweza kutumika kama matumizi kutoka kwenye faida.

ANKO CHRIS ANAJIBU MASWALI YENU

Habari, Anko pesa naitwa Amina natokea Tabora na nina miaka 20. Nafanya biashara ya kuuza chakula ila natamani sana kupanua biashara yangu. Sababu inayofanya nishindwe ni kuwa mume wangu anachukua faida yote! Nikijaribu kumueleza mipango niliyo nayo naambulia kipigo. Nifanyeje ili niendelee kimaisha?

Habari gani Amina! Pongezi nyingi kwa kubuni biashara hii ya kuuza chakula. Pia pole na changamoto hii unayoipata. Ushauri wangu ni kama ifuatavyo. Kwanza jaribu kutotembea na hela mkononi. Jaribu kuweka hela zako kwenye akaunti ya benki. Pili, kama uko mbali na benki, basi rusha hela zako za mauzo ya kila siku kwenye simu. Japo unaweza kutozwa gharama za kuzitoa baadaye, faida yake ni kwamba fedha zako zitabaki salama. Tatu, unaweza kununua kisanduku maalumu cha kuhifadhi fedha chenye kufuli na kukiacha mgahawani au sehemu nyingine salama.

Mwisho, ujue kwa kukupiga mume wako anaenda kinyume na sheria, una haki ya kutoa taarifa juu ya tabia yake hiyo ya kukupora pesa na kisha kukupiga. Unaweza kwenda katika Dawati la Jinsia na Watoto kwenye kituo chochote cha polisi karibu na ulipo. Waliopo katika dawati hili ni rafiki kwa wananchi wa kawaida na wana ueledi wa kutatua migogoro na kurudisha nidhamu kwa wanandoa wakorofi.



Habari za kazi Anko pesa. Asante sana kwa kazi kubwa ya kuielimisha jamii. Naitwa Dullah na nina ndoto za kuwa mfanyabiashara mkubwa! Kinachonikwamisha nisianzishe biashara ni changamoto za chuma ulete. Watu wengi wanasema sharti uende kwa mganga ili akufanyie manyanga alimradi uweze kukua na pesa ziweze kutunzika. Je, kuna uhalisia gani juu ya hilo na je, nifanyeje ili nianzishe biashara bila kupitia kwa waganga?

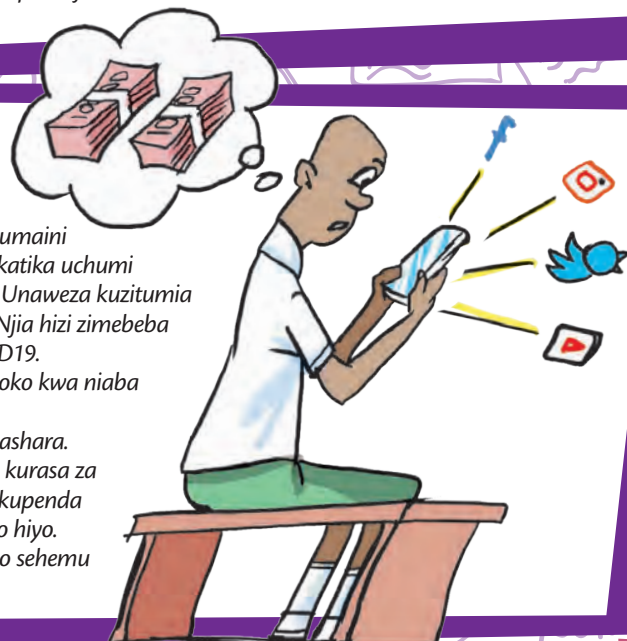
Habari gani Dullah? Ama kweli safari hii Anko nimekutana na swali gumu mpaka nakuna kichwa! Ukweli ni kwamba, kijana wangu Dullah, hapa hakuna mchawi wala mganga! Mchawi si "chuma ulete" kama unavyodhani bali anaitwa "nakula kila ninachochuma." "Majuto" ni mjukuu wake. Sasa kwa kujibu swali lako, hakuna uhalisia wowote kufanyia manyanga mradi wako. Weka utaratibu wa kuwekeza faida, kupunguza matumizi yasiyo ya lazima ili uwekeze kwa njia kukuza mtaji ukuze biashara yako sawia na ndoto yako ya kuwa mfanyabiashara mkubwa. Ukienga tabia ya kuweka akiba, utapata sifa ya kukopesheka kwenye taasisi za fedha ikiwa ni pamoja na Saccos, vikoba na benki.

Habari Anko Pesa. Naitwa Andason, nashukuru sana kwa elimu unayotupatia. Je, nawezaje kutumia mitandao ya kijamii kama Facebook, Instagram, Twitter, na YouTube kutengeneza pesa?

Habari gani Andason? Nashukuru kwa kufurahia elimu yangu ninayowapatia. Natumaini inawajenga kwenye elimu ya ujasiriamali sawia na fursa zinazoendelea kujitokeza katika uchumi wa kati. Mitandao ya kijamii uliyotaja ni fursa kubwa kabisa ya kutengeneza pesa. Unaweza kuzitumia kutangaza pamoja na kuuza bidhaa zako moja kwa moja kupitia mitandao hiyo. Njia hizi zimebeba umaarufu sana kwa miaka ya hivi karibuni, na hasa kipindi cha mlipuko wa COVID19.

Pili, unaweza kutumia mitandao hiyo ya kijamii kutoa huduma ya kutangaza masoko kwa niaba ya watu wenye bidhaa zao, na kisha kuwatoza pesa.

Njia zote mbili zitahitaji kulipia vifurushi vya mitandao hiyo kwa ajili ya wafanyabiashara. Ukifanya hivyo matangazo yako yanaweza yakatundikwa moja kwa moja kwenye kurasa za watumiaji kuyafanya yasomeke zaidi. Pia, kama watu wengi wakionyesha hisia ya kupenda tangazo lako kuna fedha ya ziada utalipwa na makampuni yanayomiliki mitandao hiyo. Tafuta kozi fupi kuhusu matumizi ya mitandao ya kijamii katika kutangaza masoko sehemu mbalimbali hasa katika mtandao wa YouTube na hata kwenye tovuti ya Google.



MZUNGUKO WAKO WA HEDHI

NA CONSTANCIA MGIMWA AKA ANTI COS



Anti Cos, Shkamoo.
Mimi naitwa Bonna. Mbona napata
hedhi mara mbili kwa mwezi?
Naomba ushauri.

Kisa cha Bonna....

"Sitowaangusha!" Bonna aliwaambia wenzake wakiwa wanajiandaa. Ilikuwa ni mechi muhimu sana na Bonna alikuwa amepiga zoezi kali kipindi chote cha likizo. "Nitapiga magoli hatari!" aliongeza. "Go Bonna!" Wenzake walishangilia! "Tunakuaminia!" Lakini, mechi ilipoanza, Bonna hakuonekana popote. Walimsaka kila mahali bila mafanikio. Kumbe alikuwa amejificha bafuni kwasababu alikuwa ameanza period. Tena!

Mpendwa Anti, Naitwa Salama.
Ninapokuwa hedhi natokwa na damu
nzito na nyingi. Kila wakati lazima
keti ichafuke. Naomba msaada.

Kisa cha Salama....

Mwalimu kifimbo alipita mstari mmoja baada ya mwingine, uso wake ukiwa umejaa hasira na mshangao. "Hivi mnaniambia wote hamjui? Wote hamlifahamu jibu la swali langu? Haiwezekani! Nimekuwa nikifundisha mada hii kwa wiki mbili sasa! Kwani notes hamuandiki? Nyumbani hamjisomei? Swali ni; Photosynthesis ni nini?" Salama alikuwa anafahamu jibu. Jioni yake alikuwa amejisomea ipasavyo. Lakini, hakuweza kujibu swali. Alishindwa kusimama. Alikuwa ameanza period na alihisi amechafua sketi.



Dear Anti, Jina langu ni Vero.
Mimi napata hedhi kwa siku zaidi ya
saba. Hii ni kwanini? Asante.

Kisa cha Vero....

"Twende Vero." Walimuita. "Hapana nyinyi nendeni tu." Vero aliwajibu. "Mbona na Jumamosi iliyopita pia ulikataa?" marafiki zake waliendelea kusesitiza. "Minisamehe tu. Leo tena siwezi." Vero alisema. "Kwanini?" "Ah, siwezi tu. Nyie nendeni mkaenjoy. Labda siku nyingine." Vero alikuwa bado yuko period!



Hello Mabinti!

Anti Cos hapa, na leo nitakupeni somo kuhusu mzunguko wako wa hedhi!

Hebu kwanza niwaulize kitu: Je, umewahi kujikuta katika hali kama inayompata Bonna, Vero au Salama? Unajua, kuelewa vizuri masuala ya hedhi kutakusaidia kuuelewa mzunguko wako wa hedhi. Pia, kufahamu mchakato mzima unavyotokea ni jambo muhimu sana kwani itakusaidia kutumia elimu hii kukabiliana na dalili za hedhi unazozipitia na kugundua kwa haraka kama kuna tatizo lolote. Sasa basi: Hedhi ni nini? Mara moja kwa mwezi, kila msichana ambaye amekwishabalehe (ameshavuja ungo) atapata hedhi. Hii inatokea kwa sababu ukuta wa mji wa mimba (uterus) ulikuwa umejiandaa kupokea na kulea mimba kama ingetungwa. Ukuta huo ulijiandaa kwa kujiimarisha na kutengeneza utando wa damu na virutubishi. Kama mimba haikutungwa, utando huu hubomoka na kutoka nje na hapo ndipo unapoona damu ya hedhi. Okay, sasa hebu tutazame kalenda ya hedhi.

Kalenda ya Hedhi

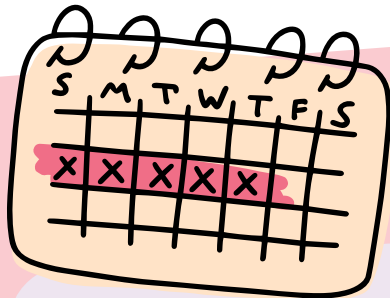
Siku (kwa makadirio) na kinachotokea katika mzunguko wa hedhi

Siku ya 1-5 Huu ndio mwanzo wa kalenda yako. Siku ya kwanza ya kalenda ya hedhi huhesabika pale ambapo utaona damu. Hedhi yako inaweza kudumu kwa kati ya siku tatu hadi nane, ila kwa wastani, hedhi hudumu kwa siku 5. Mara nyingi damu huwa nyingi zaidi siku mbili za mwanzo.

Siku ya 6-14 Baada ya siku kadhaa, kwa wastani siku tatu hadi nane, hedhi hukata. Ukuta wa mji wa mimba huanza kujiandaa tena kwa uwezekano wa kutungwa mimba. Kwa mara nyingine ukuta huu hujiimarisha kwa damu na virutubishi.

Siku ya 14-25 Kuelekea siku ya 14, ovari hupevusha yai na kuliruhusu kuanza safari kupitia kwenye fallopian tube na hatimaye kwenye mji wa mimba (uterus). Kama yai litakutana na mbegu za kiume kwenye fallopian tube wakati huo, kuna uwezekano mkubwa litarutubishwa. Ikitokea hivi, yai lililorutubishwa litasafiri kwenda kwenye uterus na kujipandikiza kwenye kuta za uterus.

Siku ya 25-28 Ikiwa yai halikurutubishwa au halikufanikiwa kujipandikiza ipasavyo kwenye uterus, mabadiliko ya homoni huipa ishara uterus kwamba sasa inapaswa 'kubomoa' ule ukuta ambao ulikuwa umeandaliwa kwa ajili ya ujauzito, yai nalo huvurugika na kutoka pamoja na damu. Yai hilo ni dogo sana, hata lisingevurugika bado usingeweza kuliona kwa macho. Hapo ndipo mzunguko wa hedhi unapoanza tena na hiyo ndiyo huwa siku ya kwanza tena katika mzunguko wako wa hedhi.



ZINGATIA

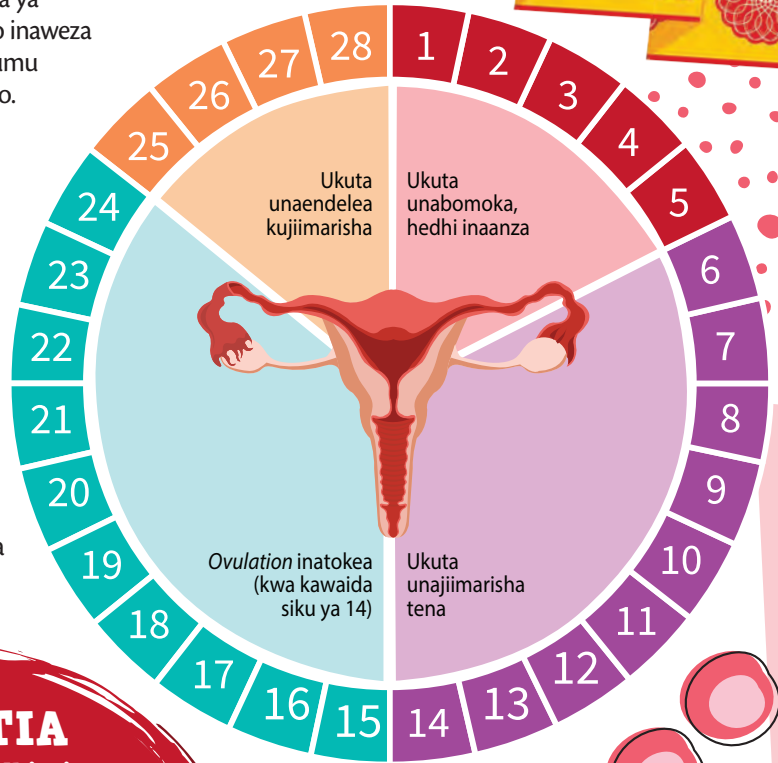
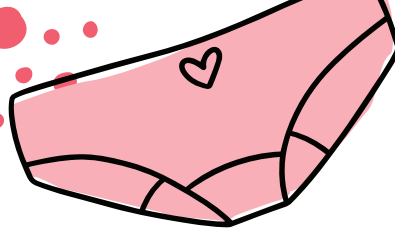
Kalenda ya hedhi ni tofauti na kalenda ya kawaida ya Januari, Februari na Machi. Badala yake, kalenda yako ya hedhi inaanza siku ya kwanza unapoanza period na inakwisha siku moja kabla ya period yako inayofuata. Pia, zipo apps kwenye simu zinazoweza kusaidia kufuatilia siku zako. Fanya tafiti zaidi kisha pakua ile ambayo unielewa zaidi.

"Kawaida" ni nini?

Wasichana wengi wanashindwa kuelewa kama wako 'kawaida' na kama namna periods zao zinavyokuja ni sawa na wasichana wengine.

Jibu ni rahisi sana: Kila mtu ni wa kipekee. Hata hivyo, kwa wastani, hedhi hufuata mienendo hii;

- * Damu hutoka kwa siku 3 hadi 8.
- * Mzunguko wa hedhi hujirudia kila bada ya siku 21 hadi 35, ikimaanisha kuwa wengine wana mzunguko mfupi sana, siku 21, na bila shaka Bonna ni mmoja wao, wengine wana mzunguko mrefu sana, siku 35, lakini wengi wana mzunguko wa siku 28.
- * Damu inayotoka wakati wa hedhi ni kiasi cha vijiko vya chakula 2-3 tu kwa siku zote za hedhi. Kwakuwa imechanganyika na majimaji mengine, unaweza kuhisi kama vile ni damu nyingi.



Nitafahamu vipi kwamba nakaribia kuanza hedhi?

Jambo la muhimu ni kuifahamu vizuri kalenda yako, pamoja na dalili ambazo kwa kawaida unazipata unapokaribia hedhi. Anza kuweka kumbukumbu za tarehe zako za kuanza hedhi, na pia unaweza kuongezea kuwa hedhi hizo zilikuwaje; nzito au nyepesi, zilidumu kwa siku ngapi, ziliambatana na maumivu, na kama ndiyo ni maumivu gani n.k. Pia zingatia dalili kama (tumbo kujaa gesi, maumivu ya maziwa nk.), mabadiliko ya namna unavyojisikia (mood swings) au tabia unazokuwa nazo unapokaribia hedhi. Baada ya miezi kadhaa, utanza kuusoma mwenendo wako wa hedhi, utajifahamu vizuri zaidi. Kumbuka: Ikiwa ndio umepata hedhi mara ya kwanza, inaweza ikaja mwezi huu mwezi ujao isije, usiogope ni kawaida, mwili bado unajipanga. Baadae itakaa sawa

Wenu, Mpendwa Anti.



UKIFIKA CHUO, USITETEREKE!

NA POWER TEAMS

Salama mitaa hiyo? Mi naitwa Baraka Kato. Huku tuko poa kabisa. Tunapiga kazi. Yaani tunawajibika ubize kichizi hadi juzi juzi hapa nilishindwa kuhudhuria tukio la kuwakaribisha members wapya wa Power Teams. Yes! Wapya watatu; Sumaiya Karim, Mary Mbago na Suzan Elias. Baadae wacheki chap kwenye ukurasa wa *Contact Us*, lakini utambulisho rasmi utakuja, msikonde wala nini.

Basi bhana nikamiss hilo tukio, lakini kwa umuhimu wake nikaomba wadau wanirekodie maongezi yao manake nilijua tu mijadala ya maana itaibuka. Suala la maisha ya chuo ndio lilitawala manake members wengi wako vyuo na wengine ndio kwaaanza wamemaliza. Ndo nipo hapa nasikiliza, sio mbaya na wewe ukapata utamu ninaoufaidi.

Suzan: Unajua, nilipokuwa sekondari, mara nyingi nilitamani kufika chuo ili niwe huru maana nilikuwa nahisi sheria za shule zinanibaana! Dah!

Hindo: Saana, hasa kwenye suala la simu. Nilikosoma mimi ukikutwa na simu weeee! Unafukuzwa mazima.



STORI ZIKANOGA

Issa: Unajua nini, mie nilipofika chuo ndo nikaamini kweli kila kitu na wakati wake.

Suzan: Kabisa Issa!

Issa: Imagine kufika chuo unakuwa free kinoma yaani; kutumia simu, mahusiano, kutoka out siyo tatizo...

Jennifer: ...halafu ndo kwanza unakuta matangazo ya *events* kwenye *notice boards* hahahaa.

Suzan: Umeonae? Yaani uhuru niliokuja kuukuta chuo mpaka nikajiuliza mmh, sitapotea kweli? Mimi nikaamua tu kujichunga wenyewe maana hakukuwa na wa kunishikia fimbo.

Mary: Acha kabisa! Yaani chuo ni utu uzima, akili kichwani mwako. Ukiendekeza kuparty unapotea.



WAKAKUMBUKA MBAAAAALI SANA

Mary: Kweli. Kuna jamaa waliingia kwenye majanga balaa, kisa bata.

Asha: Ilikuwa je?

Mary: Pombe. Ilikuwa kipindi cha mitihani, wakaenda kunywa pombe, wakalewa. Sijui ilikuwaje huko wakakamatwa, nusu wakose pepa. Hiyo kesi iliwasumbua sana.

Asha: Sasa hawakujua au?

Geoffrey: Wasijue wakati ratiba ipo wazi kabisa. Ni kushindwa kujisimamia!

Sumaiya: Yaani!

Geoffrey: Au liliingia pia suala la makundi?

Sumaiya: Makundi rika ni jipu. Unakuta mtu anafuata makundi mpaka analazimisha kuishi nje ya uwezo wake.

Mary: Tatizo chuo ni mchanganyiko kweli kweli, kikubwa ni kufuata elimu siyo kuigaiga.

Issa: Kwenye kuiga ndo watu wanapojikuta wanadanga, unajua ile kutoka na sugar daddies a.k.a sponsors siku hizi imekuwa kama fashion kumbe....

Asha: ...Na sugar mummies pia, maana kuna wavulana nao wanalo....

Mary: Halafu tatizo moja huanzisha lingine. Unaiga makundi unaangukia kwa sponsor au jimama, unapata VVU au ghafla mimba hii hapa!

Sumaiya: Licha ya VVU, unakuta na magonjwa mengine ya ngono yanakunyelelea.



HATA MUDA WALIONA HAUTOSHI!

Asha: Hivi mnajua hawa sponsors na sugar mummies wengi huwa wana familia zao? Ndo mkewe au mumewe akukute...

Issa: ... balaa zito.... Jenny, mbona unatingisha kichwa?

Jennifer: Nawaza tu! Unajua ni muhimu wadogo zetu kule sekondari wapate uelewa wa namna ya kuishi vyuoni, kabla hawajaenda.

Issa: Wazo zuri Jenny! Lazima wajue kuwa ni muhimu sana kuwa na msimamo. Tufanye kama nimewakaribisha Fema Radio Show basi, mshushe nondo ...

Wote: (Wakicheka) Sawaaa! Sawaaa!

Issa: Tuanze na Sumaiya halafu tufuate mduara

Sumaiya: Asante ndugu mtangazaji (anacheka) Miongoni mwa vitu wanavyohitaji kutambua ni kuwa, ukiwa chuo si lazima kuishi kifahari au kwenda club kila weekend.

Jennifer: Sumaiya amenikumbusha jambo, hivi mlishawahi kusumbuliwa na swali la "kwanini hunywi pombe?" Hilo swali linakera sana. Kwani lazima kunywa?

Hindo: Sio lazima, ndo msukumo rika huo, usipokuwa makini unafuata mkumbo tu bila malengo. Mambo ni mengi nyie! Ila mimi wanachuo watarajiwa nataka kuzungumza nao kuhusu matumizi ya simu. Siyo tena simu mpaka class hata pindi halipandi.

Issa: Na kuna wengine ndo wanazitumia kupiga picha au video za utupu au ngono. Yaani too much.

Asha: Hizo picha au video zikiwa kwenye simu mtu anaona si tatizo, balaa ni pale zinaposambaa.

Hindo: Nadhani kuna watu hawajui kuwa hizo picha zinaweza kuharibu sifa zao moja kwa moja.

Issa: Kwanza ni kosa kisheria kutengeneza au kusambaza picha za ngono. Geoffrey zamu yako, wewe unayaona yapi chuo ya kuwafungua macho wadogo zetu?

Geoffrey: Suala la misosi jamani.

WATU WALIVUNJIKWA MBAVU!



Geoffrey: Kuna ile presha ya kula chipsi kuku kila siku. Kama bajeti hairuhusu ni bora akatulia ale anachokiweza kuliko kuingia kwenye majanga. Wafadhili wapo ila matokeo yake sasa ndo mazito.

Issa: Hahaha! Wafadhili siyo?

Mary: Enhee! si ndo maana ya sponsors. Pia, natamani vijana wajue kwamba si lazima ukiwa chuo uwe na mpenzi, kama mtu anahisi hayupo tayari aendelee kusubiri na kujipanga.

Suzan: Kabisa! Na kama ataamua kuingia kwenye mahusiano basi awe na mtu mmoja tu na watunziane uaminifu. Na bado kama wataamua kufanya ngono basi watumie kinga na njia nyingine za kuepuka mimba.

Asha: Tatizo la mahusiano, ukiwa na mtu asiye sahihi ni rahisi kupoteza mwelekeo.

Issa: Nishawahi kulishuhudia hilo, mwaka wa pili hiyo. Kuna mwana alimkuta mpenzi wake na mtu mwingine, acha jamaa apagawe. Alishindwa kuendelea na masomo kabisa.

Hindo: Wengine hapo ndo wanaanza kutumia dawa za kulevya, tatizo juu ya tatizo.

Issa: Wengine wanajiua kabisa!

Jennifer: Yaani, balaa.

Mary: Tukiacha masuala ya tabia, kuna kikwazo kikubwa sana, rushwa ya ngono.

Jennifer: Hilo linawaumiza wengi. Nadhani njia sahihi ya kudeal nalo ni kuripoti TAKUKURU, unapiga tu namba 113. Wanapokea malalamiko bila ya walalamikiwa kujua. Kisha wanachukua hatua.

Issa: Huo utaratibu ni mzuri sana. Na pia si unajua kutoa na kupokea rushwa yote ni makosa kisheria? Ni muhimu kwa mwanafunzi kujiepusha kutoa rushwa ya ngono.

Sumaiya: Kiukweli mambo ni mengi sana. Kikubwa tu mtu akiingia chuo, ni muhimu sana kuwa makini na kutumia uhuru wake vizuri. Maana uhuru una mipaka na gharama yake.



Mwaka mpya, Chalenji mpya.

Chalenji mbili kwa mpigo, haikuwa shughuli ya kitoto! Lakini sio siri, mmepambana! Ila, em subiri. Kabla hatujawajua washindi wetu wa chalenji mbili zilizopita, ni vizuri kwanza tuambizane kabsaa chalenji ijayo ni ipi. Kama tulivyosema, mwaka mpya na mambo mapya. Chalenji hii ni special zaidi maana ina 'kijisurprise' fulani hivi kwa mshindi wa kwanza. Haya. Twende taratibu, twende pamoja:

CHALENJI NO. 29

Toleo hili limetuelimisha ipasavyo kuhusu saratani ya shingo ya kizazi (Cervical Cancer) na pia limetuhabarisha kuhusu chanjo ya saratani hii (HPV vaccine). Hili si halina ubishi jamani?

Sasa basi: Chalenji ya toleo hili nayo inajikita humo humo na inakwenda hivi: Club yenu ibuni namna yoyote ya kuelimisha wanafunzi wengine au jamii inayowazunguka kuhusu saratani ya shingo ya kizazi na chanjo ya saratani hii.

Inaweza kuwa ni kwa kutumia mabango, shairi, nyimbo, mchezo wa kuigiza, kijarida au kitu kingine chochote kwa kadri ubunifu wenu utakavyowatuma – maana katika kitengo cha ubunifu hamjawahi kutuanguka! Mkishabuni kitu hicho, kitumieni kuelimisha jamii kisha tuandikieni ripoti iliyoambatana na picha zinazoonesha zana mliyobuni na namna mlivyoitumia kuelimisha wengine.

Tuwekane sawa kabisa

Kama kawa, washindi wa Club Challenge no 29 watakuwa ni sita. Kutakuwa na mshindi wa kwanza na wengine watano. Mshindi wa kwanza atajishindia fulana 40. Yes, wala hujakosea. Ni arobaini. Si tulisema kuna 'surprise' fulani hivi kwa toleo hili? Ndo hii.

Fulana 20 zitatolewa na Femina kama kawa. Fulana nyingine 20 zitatolewa na wadau wetu waliotuletea elimu hii ya saratani ya shingo ya kizazi kupitia toleo hili, Girl Effect. Yeah, walewale wanaofahamika zaidi kama Tujibebe. Naam. Hao. Washindi wengine watano watajishindia pair moja ya khanga kwa ajili ya shughuli za club.

Deadline ya challenge ni
MEI 15, 2021

Na washindi watatangazwa katika
toleo namba 60. Kila la kheri wadau!

KWEDIZINGA FEM CLUB



BIHARAMULO FEM CLUB



Sasa tusikie tulichokisubiri kwa hamu

Hahaha, mapigo ya moyo yanapiga double double eeh? Moja, mbili, tatu...!

Mshindi wetu wa kwanza wa Chalenji no 27 ni **Kwedizinga Fema Club ya Tanga**

Washindi wengine wanne ni:

- * Usangi High Fema Club ya Kilimanjaro
- * Lutozo Fema Club ya Geita
- * Ushokola Fema Club ya Tabora
- * Mkula Sec Fema Club ya Simiyu

Ni vyema kabisa tuweke wazi hapa, kwamba club zilizofanya kazi bomba zaidi ni 5 tu. Hivyo nafasi moja haikupata mshindi.



Mshindi wetu wa kwanza wa Chalenji no 28 ni **Biharamulo Sec School ya Kagera** Washindi wengine watano ni

- * Businda Fema Club ya Geita
- * Muhunga Fema Club ya Kigoma
- * Uyovu Fema Club ya Geita
- * Ocean Fema Club ya Mtwara
- * Iparamasa Fema Club ya Geita

Pongezi kwa washindi wetu wote. Haikuwa kazi rahisi, mmepambana vilivyo! Kuhusu zawadi zenu, soon tutasababisha! **Kila la kheri kwenu nyote katika kufanya chalenji ijayo, challenge no 29.**



**KWA MAWASILIANO TAZAMA UKURASA WA
MWANZO KABISA WA TOLEO HILI.**

COMPETE & WIN

Compete and Win!!! Naam, lile shindano lenu kabambe, bado lipo kama kawa. Ni namna rahisi kabisa ya kujinyakulia Tshirt bomba kutoka Femina! Kumbuka, majibu ya maswali yote yanapatikana humu, hivyo ni rahisi mpaka basi!

Kingine cha kukumbuka: Idadi ya washindi pia imeongezeka! Badala ya washindi kumi (10), sasa washindi ni ishirini (20). Hii inaongeza wigo wa ushindi. Sasa kazi kwako!

Jinsi ya Kushiriki

- * Mtu yeyote anaweza kushiriki shindano hili.
- * Ni shindano la mtu mmoja.
- * Andika maswali na majibu yako katika karatasi nyingine, sio kwenye ukurasa huu.
- * Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili).
- Kwenye subject andika COMPETE & WIN.
- * Hakikisha unaweka anwani yako ya barua na ikiwezekana weka namba yako ya simu.
- * Washindi watakuwa ishirini (20) na kila mshindi atajinyakulia fulana kutoka Femina. Changamka!

**MAJIBU
YATUMWE KABLA
YA MACHI 10, 2021.**

Jinsi ya kutuma:
angalia anwani ukurasa wa
mwanzo kabisa.
Washindi watatangazwa
katika toleo no 59.

Washindi wa toleo la 57

1. Martha Evaristo Kiswaga, Chambo SS, Ushetu, Shinyanga.
2. Theresia P Judica, Kilimamoja SS, Arusha.
3. Bushera Kiharata, Lyabusalu SS, Shinyanga.
4. Kamuli J Katemi Roche SS Rorya, Mara.
5. Beria Bwire Ngero, Mlowa SS, Makambako.
6. Mwashiri Masanja, Nhomolwa SS, Mbogwe, Geita.
7. Kelvin S Nchimbi, Kigonsera High School, Songea, Ruvuma.
8. Elijah Stephano, Soye SS, Chemba, Dodoma.
9. Beria Bwire Ngero, Mlowa SS, Makambako.
10. Tumaini Daniel Myala, Mgugu SS, Morogoro.
11. Maria Victor Mbena, Sumaye SS, Bigwa Morogoro.
12. Elizabeth L Surumbu, Baray SS, Karatu.
13. Hilda Chacha Gesase, Nkenda SS, Tarime, Mara.
14. Aisha Mashauri Nyakabanga, Msalato SS, Dodoma.
15. Hamisi S Mpogo, Ndanda SS, Ndanda, Mtwara.
16. Joshua Daniel Ngajilo, Kwirow Boys SS, Mahenge, Morogoro.
17. Asafu S Fabian, Kigoma Grand High School, Kasulu TC, Kigoma.
18. Issa Simbawene, Minaki SS, Kisarawe, Pwani.
19. Jeremiah John Msangi, Amani Abeid Karume Sec School, Kondo.
20. Goodluck Cornel Anthony, Tosamaganga SS School, Iringa.

KULIA

- 2- Moja ya bidhaa zinazotengenezwa kwa kaolin
- 5- Ni jina la pili la Mhariri wa Fema
- 6- Neno la Kimaasai linalomaanisha bonde kubwa
- 10- Huruhusiwi kuukata hata kama uko nyumbani kwako
- 11- Familia yake hutumia kilo 400 za mahindi kwa wiki
- 12- Ni homoni inayopatikana zaidi kwenye ovari
- 14- Ni sehemu nzuri ya kujifunza biology na geography
- 17- Alimpuuza rafiki yake alipotaka kumweleza jambo
- 19- Mbuga inayopatikana katika ziwa
- 20- Aligundua anasumbuliwa na fangasi
- 21- Mtumwa aliyeshindwa kuinua jiwe la chuma alifanywaje?

CHINI

- 1- Ni sehemu mojawapo unapoweza kupata chanjo ya HPV
- 3- Ni neno la Kinyaturu lenye maana ya kupona
- 4- Ikulu ya Chifu wa Wanyambo
- 7- Kutoka Arusha hadi Coco Beach
- 8- Ni igizo redioni
- 9- Herufi P katika HPV
- 13- Ikizidi kwa mwanaume inapunguza kasi ya kuzalisha mbegu
- 15- Yeye na rafiki yake wanahimiza kusoma
- 16- Lina vitamini zote isipokuwa C
- 18- Unaweza kwenda kwa usafiri wa aina yoyote





**MWENZENU
YALINIKUTA!**



SI MCHEZO!

femina
hip

HALIUZWI

APRIL - JUNE 2021

fema

Can you
hear me?

Twen'zetu
Makumbusho

Art, culture & cash

Je, ni sawa?



No. 59 | ISSN 1821-5599

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



A wise man once said, "A people without knowledge of their past history, origin and culture, is like a tree without roots." And that is what makes this issue of Fema so important!

In this issue, we are covering local customs and traditions. Where do you come from? What were you taught? Think back to when you were younger; did you get a chance to hear your grandmother or grandfather tell stories? How did that happen, what stories did they tell you? What food did you eat and how was it cooked? What of funerals, weddings, puberty and other rituals; how were these celebrated? All these and more, make up our local customs and traditions, and in this issue, we wanted to dive in and cover as much as we can, about Tanzania's local customs and traditions!

Our Cover Story is of Isack Abeneko, a young Tanzanian musician and dancer. He loves local music! From his performances, Abeneko hopes that youth whose inspiration is limited to culture beyond their own, can realize how beautiful our own music is! It is his dream that Tanzania grows to appreciate its own musical heritage. Learn more about him on page 3!

We go on a tour with our Sema Tenda as it takes us on a journey to the various museums we have in Tanzania! Oh, what a sight! All the structures, the old ways of life, the stories that each different ornament tells! It's like another lifetime! You're right! It was! It was the life our parents and grandparents lived in! So different from how we live now. Be sure not to skip this one!

Grandmothers always have the best stories! And our Story Yangu is no different. Here we meet our beloved Bibi Mtetwa Binti Simba, and we listen attentively as she takes us back to the old days, narrating all the entertaining things she experienced growing up. She was so amusing! We couldn't stop listening to her and we are sure you won't too!

The cartoon story is a must read! Buda and Boya need to keep in touch after Standard VII, but there are no mobile phones! No Facebook, Twitter, Instagram or anything of that sort! How do they do it? Turn to page 46 and you'll find out!

In this issue, you won't only learn about your own customs and traditions, but those of others too!

Last but definitely not least, Femina has a new Leadership! Read on and find out who they are!

Enjoy!

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CARTOONS

Babatau, Inc.

DISTRIBUTION

EAM Logistics Ltd.

PRINTING

Tanzania Printers Ltd.

This issue of Fema is made possible by the generous support of the Governments of Sweden (Sida) and Denmark (DANIDA).

The contents are the responsibility of Femina Hip and do not necessarily reflect the views of the sponsors.





Mnanisikia?

Can you hear me?

NA TUNU YONGOLO

Ni mlio wa ngoma, gitaa na sauti inayounguruma angani. Ni sauti ya muziki wa Kitanzania wenye vionjo kidogo vya sehemu ngeni. Kwenye mic yupo mshkaji mrefu aliyevaa vazi kali la Kitenge linaloendana na mandhari ya jukwaa. Rasta zake, zikiyumbayumba kushoto na kulia kana kwamba zinawapungia mashabiki waliopagawishwa na muziki, zinaikamilisha sura yake ambayo inabadilika badilika kati ya hisia kali na tabasamu kubwa. Huyu ni Isack Peter Abeneko, mabibi na mabwana, balozi wa kujitolea wa muziki wa Tanzania!

It's the beat of the drum, the strum of an acoustic guitar, and a voice reverberating in the air. It is the sound of Tanzanian music, with a pinch of something from somewhere else. The man behind the mic is a tall fellow wearing a colourful Kitenge attire that contrasts the stage backdrop. His dreadlocks, swinging left to right as if waving at a charged audience, complete his facial expressions that are changing from deep feelings to deep smiles. It is Isack Peter Abeneko ladies and gentlemen, a self-appointed ambassador of Tanzanian music.





"Huwa naamsha hasa ninapokuwa jukwaani kupiga muziki, kudance au kuigiza," anatwambia Isack tunapokaa naye kupiga stori mbili tatu. "Ninapiga gitaa huku nikiimba na kucheza. Ninapiga Saxophone na Zeze pia. Huyu ndo mie; msanii, dansa na msanifu wa mitindo ya dansi. Muziki ni mzuri sana. Kupitia muziki na kucheza tunaweza kujifunza mambo na kusimulia visa. Ninautumia muziki kuuchunguza utamaduni wetu na kuukuza kwa wakati mmoja." Kisha anazungumza kwa kipaza sauti cha kufikirika; "Wananchi wenzangu, mnanisikia?" Sisi hapo pembeni mbavu hatuna kwa kucheza, kisha tunamuacha aendelee kutusimulia hadithi ya maisha yake na urafiki wake na muziki.

"Nilizaliwa Dar es Salaam Disemba 14, miaka 31 iliyopita, najivunia kuwa zao la makabila matatu; Kidogo Mjalu, kidogo Mkurya na kidogo Mzanaki.

Nimekuwa nikipenda kila kitu kinachohusu muziki wenye vionjo vya kitamaduni. Ngoma, michezo ya kuigiza, mashairi, vipo vingi. Yaonekana muziki huzungumza nami, na lugha ya muziki ni *amazing*. Muziki ulianza kuzungumza nami nilipokuwa bado shule ya msingi pale Shule ya Msingi Buguruni A. Wakati huo mazungumzo yetu yalikuwa kupitia ngoma za asili na maigizo.

Niliendelea hata nilipokwenda Sekondari ya Airwing, na tangu wakati huo nimekuwa nikinoa ujuzi wangu wa dansi, maigizo na muziki wa asili kwenye kikundi cha sanaa Lumumba Theater na mafunzo ya sanaa pale Chuo cha Sanaa Bagamoyo. Ndipo nikawa mmoja wa waasisi wa ASEDEVA www.asedeva.com, asasi isiyokuwa ya kibiashara inayojihusisha na sanaa na nikaasisi Tamasha la Muziki la Haba na Haba, na pia ni mtangazaji mwenza wa Marafiki Night Live, tamasha la muziki wa asili kila mwezi.

Kadri muda ulivyoenda, niligundua kuwa watu wengi, hasa vijana, hawathamini muziki wetu wenyewe kiasi hicho, lakini pale unapochanganywa na vionjo kidogo kutoka mahali pengine, unapata mashabiki. Hivyo ndivyo nilivyoingia katika Afrofusion. Ninapata hamasa kutoka kwenye utamaduni tajiri uliopo katika makabila tofauti ya Tanzania. Muziki wangu umejikita

"I come alive on live stage performing music, dance and drama," he tells us when we sit down with him for a chat. "I play guitar as I sing and dance. I play saxophone and Zeze as well. That's the performer, dancer and choreographer that I am. Music is wonderful and beautiful. Through music and dance we can learn and tell stories; I use music to explore our culture and promote it at the same time." He then speaks in an imaginary microphone; "My fellow countrymen, can you hear me?" We all laugh to that, then let him continue telling us the story of his life and his friendship with music.

"I was born in Dar es Salaam on December 14, some 31 years ago, I am a proud blend of the Luo, Kurya and Zanaki tribes.

I have always loved everything music that has a traditional touch to it. Dance, drama, poetry, you name it. Music seems to be talking to me, and the language of music is amazing. Music started speaking to me whilst I was still in primary school at Buguruni A Primary School. Back then our talk was through traditional dance and theatre. I took it with me to Airwing Secondary School, and since then, I have advanced my knowledge of dance, theatre and local music at the Lumumba Theatre Group and Bagamoyo College of Arts. I then co-founded ASEDEVA www.asedeva.com, a non-profit art organization based in Dar. I also founded Haba na Haba Dance Festival, and I co-host my own brainchild, Marafiki Night Live, a monthly local music concert series.

With time, I realized that most people, especially young people, don't appreciate our own music that much, but if you package it with a hint of something from somewhere else, the likes grow. That's how I got into Afrofusion. I draw inspiration from the rich culture that is present in the different tribes of Tanzania. My music is rooted in the taste of cultural beats and the lyrical masterly that describe both our ancestral and modern-day art.





katika ladha na mapigo ya kitamaduni na ustadi wa sauti ambao unaelezea sanaa zetu za zamani na za kisasa. Hata hivyo, unaona ninachanganya vyombo tofauti vya muziki na kutengeneza mchanganyiko wa midundo.

Nilianzisha Haba na Haba ili nifundishe na kushawishi vijana kupenda muziki unaotokana na utamaduni wetu. Tunaoufanya muziki huu kwa moyo wote hatuko wengi, na kwa maana hiyo ni muhimu kuwahimiza vijana kujandaa na kuhakikisha muziki wetu haupotei pale mabalozi wake kama Leo Mkanyia, Wa Hapa Hapa Band na wengineo watakapokuwa wameondoka majukwaani. Natumaini kwamba vijana watafika muda wahusudu urithi wao katika muziki. Muziki wetu ndio njia yetu ya kuzungumza. Ndivyo ninavyozungumza nawe.

Wengi wameniona jukwaani, lakini ni wachache tu wanaojua kwamba kila wimbo ninaoandika unabeba kipande kidogo cha maisha yangu na ujumbe muhimu juu ya mambo ambayo nimejifunza maishani. Nyimbo kama Mama Chambewa, Salama, Masumbuko, Shemeji, Corona, Jambo, Unangoja Nini, na nyinginezo zote zina ujumbe muhimu. Unausikia?

Unaweza kujiuliza, ninaandikaje nyimbo zangu? Ni nini hunihamasisha? Kuna muziki kila mahali. Katika kila kitu kilichonizunguka kuna wazo ambalo linaweza kuwa wimbo. Wakati mwingine ni dhuluma inayotokea ulimwenguni au kisa cha kuchekesha; chap chap ninaandika juu yake! Muziki ni zana yenye nguvu. Unaiona?

Wakati mwingine ni kimdundo tu kila saa kinaniijia akilini, basi siku isojina nakitengenezea mashairi. Wakati mwingine ni mistari yangu, mdundo wa msanii mwingine, wanaita kolabo. Kwa vyovyote vile, ni kuzaliwa kwa mdundo na mashairi ambayo yanaweza kuubadilisha ulimwengu. Ambalo watu wanapaswa kufanya ni kutuliza akili na kusikiliza kwa karibu. Ninasikiliza kazi za wengine pia. Hapa nchini nawakubali sana Wa Hapa Hapa Band na Msondo Ngoma, lakini hiyo haimaanishi kwamba siwasikilizi Watanzania wengine, la hashu. Nawasikiliza.

However, you see that I use a combination of musical instruments and create a blend of rhythms.

I started Haba na Haba to teach and influence the younger ones to love culture inspired music. There aren't many of us doing this music with passion, and so it is important that we encourage the younger ones to prepare and keep this alive when ambassador stars like Leo Mkanyia, Wa Hapa Hapa Band and the likes have left the scene. I hope they grow to appreciate their own musical heritage. Local music is how we talk to each other. It's how I talk to you.

Many have seen me perform, but only few know that every song I write carries a little piece of me and important messages about things I have learned in life. Titles like Mama Chambewa, Salama, Masumbuko, Shemeji, Corona, Jambo, Unangoja Nini, just to mention a few all carry important messages. Can you hear it?

How then do I write my songs you may ask, or what is it that inspires me? There is music everywhere. In everything I see around me, there is an idea that can become a song.

Sometimes it's the injustice happening in the world or a funny story; without a second thought, I write about it! Music is a powerful tool. Can you see it?

Other times it is a never-ending melody in my mind, and on a normal day, I find the perfect words for it. Sometimes it's my words to another artist's melody; collaboration they call it. Either way, it is the birth of melody and lyrics that can change the world. All that people have to do is quieten their minds and listen closely. I listen to the work of others too.





Kwingineko nawakubali Fela Kuti, Angelique Kidjo na Miriam Makeba, wote wananifundisha mengi juu ya muziki wenye vionjo vya asili. Ninawasikia.

Swali ambalo nimekuwa nikiulizwa, na najua hata wewe unajiuliza, je, muziki wangu unanilipa? Ni hesabu rahisi; chochote unachokifanya + bidii + usimamizi mzuri wa fedha – matumizi mabaya ya fedha = mapato! Kwahiyo, suala sio muziki, wa asili au la, unalipa au haulipi, suala ni namna unavyofanya kazi yako na jinsi unavyosimamia kile unachoingiza. Kuna zaidi ya pesa pia; muziki umenifikisha mbali sana. Mimi na bendi yangu ya watu 7 tumesafiri sehemu kibao na kutumbuiza kwenye matukio makubwa kama tamasha la muziki la Sauti za Busara - Zanzibar, Tamasha la Sanaa la Kimataifa la Bayimba - Uganda, Wikiendi Live - Dar es salaam, tamasha la Muziki Bagamoyo la Karibu na Tamasha la Muziki wa Kiswahili la Marahaba, ni baadhi tu. Nimefanya shows pia katika nchi zaidi ya 10 huko Ulaya, Asia, Amerika na ndani ya Afrika, muziki wetu ulipokelewa vizuri sana huko!

Yangu yametosha jamani! Niwaache na ujumbe huu; ni jukumu lako kuhifadhi mambo chanya katika mila na desturi zako, na kuhakikisha kwamba kwa kupitia wewe, mambo haya yanayohusu uwepo wetu yanarithishwa kwa vizazi vingine. Kupitia muziki wangu nafanya jambo moja, wewe pia unaweza kufanya jambo lingine. Tuhakikishe kwamba uwepo wetu umechangia kuwa hivi tulivyo kama jamii.

Abeneko

Social media pages

Twitter: @Abeneko

Instagram: @abeneko_tz

Facebook: @Abeneko

Wa Hapa Hapa Band and Msondo Ngoma are my favourites in Tanzania, but that's not to say I don't listen to other Tanzanians as well, I do. Elsewhere, Fela Kuti, Angelique Kidjo, Miriam Makeba, they all teach me a lot about music with a traditional touch. I hear them.

Do I make money out of this? I get asked. The equation is simple; anything you do + hard work + good money management – poor spending = income! So, it's not about music, local or not, or getting paid a little or a lot, it's about you and how you manage what you get. There is more than money too; music has also taken me very far. Me and my band of 7, have travelled places and performed at great events such as Sauti za Busara music festival - Zanzibar, Bayimba International Art festival - Uganda, Wikiendi Live - Dar es salaam, Karibu Music Festival - Bagamoyo and Marahaba Swahili Music Festival, just to mention a few. I have also performed in more than 10 countries in Europe, Asia, America and within Africa, our music was totally appreciated!

Enough of my vibes! Now let me leave you with this message; It is your responsibility to preserve the positive of your customs and traditions, and ensure that through you, those aspects of our being can be passed on to other generations. Through my music I play a part, you can too. Let us ensure that our presence contributes to the continuity of who we are as a society.

Can you hear me?





has a new leadership!

**STARTING
MARCH 01
2021**

We are excited to announce a new leadership of Femina Hip, which comprises of a combination of experiences, capabilities and competences to secure the operations for the next decade.



Dr Minou Fuglesang
Founder & Chair of
the Board of Directors

After 20 years of growing Femina Hip this is the right time to step aside. We have recruited the new leadership from within, a strong team that is competent, committed and inspirational. They will keep the organisation relevant, a continued flagship for youth voices and storytelling in Tanzania. They will have my full support as Chair of the board of directors of Femina Hip. We are 'Femina Family'!



Ruth Mlay
Executive Director

As Mama Minou passes on the baton of leading Femina Hip, I can't help but think about the legacy she is leaving in our hands. Generations of youth have grown through the work that she has started, and today, these youth are leaders in various capacities. The vision will continue as we look to engage parents more to ensure youth have every possible support to reach their full potential.



Amabilis Batamula
Deputy Director

We have taken time to revisit, review and improve our key guiding documents and policies, at the same time we are working to enhance knowledge management and sharing mechanisms so that every time the past meets the present going into the future, a logical connection exists. What we did in the last 20 years will definitely be of important reference in the coming years and decade.

Join us to celebrate this milestone!

MAMBO YA PWANI



NA BHOKE HUMPHREY MAGIGE

Nipo zangu hapa Bagamoyo, naandika huku napigwa na kaupepo kazuuri ka bahari. Hayo ndo mambo ya Pwani bhana. Mkoa huu una wilaya saba; Kibaha, Bagamoyo, Mafia, Kisarawe, Mkuranga, Rufiji na Kibiti. Ngoja nianze kujitetea, nitakayokueleza ni machache tu kuhusu mkoa huu, maana, sifa zake ninaweza kujaza jarida zima.



Bhoke

Boma la Mjerumani

Tuanze na makabila

Wenyeji wa mkoa huu ni Wazaramo, Wakwere, Wadoe na Wandengereko. Wazigua pia wapo, maana tunapakana na mkoa wa Tanga kwa upande wa Kaskazini. Watu wa mkoa wa Pwani wana mila na desturi kadhaa ikiwemo kufanya shughuli za kijadi wakati wa mavuno na sherehe nyingine. Sherehe maarufu ni zile zinazofanyika wakati wa jando, unyago na harusi. Sherehe hizi huwa hazitimii bila ngoma. Utapigwa mdundiko, vanga au aina nyingine za ngoma kulingana na kabila husika.

Mambo ya fedha

Mkoa wa Pwani umepakana na bahari ya Hindi. Hivyo uvuvi ni miongoni mwa shughuli za kujiingizia kipato kwa wakazi wake. Ukiachana na bahari, mkoa huu pia una mto maarufu, mto Ruvu. Uvuvi pia unafanyika katika mto huu ambao umekatiza mkoa wa Pwani kutoka Morogoro kuelekea bahari ya Hindi. Mazao yanayotoka mkoa huu ni pamoja na nazi, mpunga, mihogo, mahindi, mbaazi na mananasi.



Historia inaishi hapa

Mkoa wa Pwani unabeba historia kubwa sana ya Tanzania na Afrika kwa ujumla. Lakini hebu tuipe Bagamoyo nafasi ya kujidai. Kwanza, jina lenyewe limetokana na maneno Bwagamoyo yaani 'pumzisha moyo wako'. Mji huu ulikuwa ni miongoni mwa vitovu vya biashara ya utumwa na pembe za ndovu. Watumwa kutoka maeneo mbalimbali ya Tanganyika walikuwa wakifikishwa Bagamoyo kisha kusefirishwa kuelekea Zanzibar kulikokuwa na soko kuu. Hata baada ya kukomeshwa kwa biashara ya utumwa, Bagamoyo ilibaki kuwa eneo muhimu wakati wa ukoloni. Wajerumani walijenga ikulu yao hapa. Jengo hilo pia lilitumiwa na Waingereza kuanzia mwaka 1919.

Kaburi la wapendanao





Baadhi ya makaburi ya Kaole



Moja ya milango ya Ngome Kongwe



Twende tukaone

Hata kabla ya utumwa, Bagamoyo ilishaanza kujengwa. Kuna eneo ambalo kabla ya karne ya 13 liliitwa Pumbuji. Baadaye wageni kutoka Uarabuni waliingia na kuanza kujenga kwa kutumia matumbawe (coral reef). Majengo hayo yaliwawutia sana wenyeji, hivyo walisema kwa Kizaramo 'tuchole tukaole' ikimaanisha twende tukaone. Kutokana na maneno hayo, jina jipya likaibuka, pakaanza kuitwa Kaole, mpaka leo hii. Karibu sana ujionee mwenyewe.



Caravan Serai

Njoo Pwani utalii

Pwani kuna vivutio vingi sana vya utalii. Tuanzie na maeno ya kihistoria. Kuna huo mji mkongwe wenye magofu ya kuanzia enzi za biashara ya utumwa mpaka ukoloni. Miongoni mwa magofu hayo ni Ngome Kongwe, Bandari ya watumwa, posta ya zamani, Boma la Mjerumani lililokuwa ikulu, jengo la Wamisionari, misikiti na makanisa ya kale, makaburi ya Wajerumani, Makumbusho ya Utumwa (Caravan Serai) na Makumbusho ya Roman Catholic. Huko Kaole nako kuna msikiti mkongwe, makaburi mbalimbali likiwemo la wapendanao waliokufa pamoja wakisafiri baharini, na kisima ambacho maji yake hayaongezeki wala hayapungui japokuwa yanachotwa. Pia kuna bandari ya Kaole iliyotumika na wavumbuzi kama Burton na Speke na mbuyu wenye miaka zaidi ya 500. Ili kutunza historia, kumejengwa Makumbusho ya Kaole. Vivutio vingine ni pamoja na chemchemi ya maji moto (hot spring), kisiwa cha Mwamba Kuni na panzi wenye rangi za bendera ya taifa wa huko Kisarawe. Ukweli ni kwamba, siwezi kumaliza kuelezea vivutio vya mkoa wa Pwani, karibu sana ujionee mwenyewe.



Kisima cha maajabu

Jasiri haachi asili.

NA HARIDI ISSA

Si unajua Fema Clubs zimeenea Tanzania nzima? Basi kwa mara nyingine tukasema, kwakuwa toleo hili linazungumzia mila, desturi na tamaduni zetu, hebu tuzipe Fema clubs nafasi ya 'kututembeza' na kutuonesha mila, desturi na tamaduni za makabila mbalimbali yanayopatikana katika jamii za huko huko waliko. Eee bana eenh! Wa kupika walipika, wa kucheza ngoma ndo usiseme, wapo walioamua kuonyesha mavazi ya asili, na kuna waliotu-surprise zaidi wakatuonesha tamaduni nyingine kabisaaaa! Karibu ujionee.

fema
club



Mkata Sec wametoka Kizigua

Ni Mkata Fema Club, wako Tanga hawa. Wao wametukutanisha na Wazigua kwa kutuonesha utamaduni wa ndoa za watu wa kabila hili. Shughuli huanza kwa kutwanga nafaka, hiyo huitwa utwasi. Kisha, bwana harusi huenda porini kufanya mila. Hatua inayofuata ni kurudi nyumbani kisha kubeba upinde na mshale. Kunakuwa pia na chungu chenye moto ambacho hubebwa na ndugu wa kike. Cheki baadhi ya matukio hapo pichani.

Musasa watoka kimtindo

Hawa nao wako Geita. Wanaitwa Musasa Fema Club. Wao pia wanatushirikisha utamaduni wa Wasumbwa. Kama ulidhani Geita kuna Wasukuma tu, basi ujue na Wasumbwa wapo. Pichani ni Musasa wakiwa katika vazi la asili la kabila la Wasumbwa. Waliamua kujistyle kwa khanga.



Nanja wanasema "Ruka Kimaasai!"

Nanja Fema Club, wao wapo karibu na Wamaasai, wanafahamu mengi kuhusu kabila hili maarufu sana. Vijana wa kiume wa Kimaasai maarufu kama Morani hucheza ngoma kwa kuruka juu. Vazi kuu la Wamaasai ni rubega, hii haihitaji maelezo mengi. Wamaasai ni wafugaji wakubwa sana. Wanavyo vyakula vingi vya asili kama vile nyama na Loshoro.

Buyuni watoka kivingine

Wanapatikana Jijini Dar es Salaam hawa. Wao wameamua kutuonyesha chakula maarufu cha Wazaramo; unga wa muhogo, mchungu na kisamvu. Ukimkuta Mzaramo anakula msosi huo, utapenda! Tena hapo ongeza na samaki, hata kama hayuko pichani. Wewe! Acha kabisa.





Bujunangoma ya Kagera

Hawa nao wanapatikana Kagera. Wao wameamua kutuonjesha walau kwa macho, chakula cha asili cha Wahaya. Chakula hiki ni ndizi. Zinaweza kupikwa kwa mbwembwe tofauti tofauti. Zinaweza kuchanganywa na maharage au njegere. Pia huweza kuongezewa kionjo cha mchanganyiko wa dagaa, nyanya, aina fulani ya nyanyachungu zitiwazo 'ntula'. Mchanganyiko huu hufungashwa katika jani la mgomba na kuwekwa kwenye sufuria au chungu cha ndizi na kuivishwa kwa mvuke. Kwenye ndizi kunaweza kuwekwa mboga za majani. Tena, kionjo kingine ni mchanganyiko wa maharage na maziwa mtindi. Asili ya Wahaya si kupakua kwenye sahani bali kwenye majani ya mgomba. Karibu.



Senga Sec wao wametoka hivi....

Wametuonyesha msosi mwingine wa Wasukuma. Wamewakilisha vyema kabisa kwa kuandaa ugali wa mtama mwekundu na mboga ya mlenda uliochanganywa na majani ya maboga. Jamaa pia waliigiza kuhusu changamoto zitokanazo na mila hatarishi kama ndoa za utotoni. Kwa leo wacha tujionee picha moja tu ya msosi huu adimu.

Mpandandogo watoka kipekee

Hawa wako Katavi, wanaitwa Mpandandogo Fema Club. Wao waliana kuigiza salamu ya watu wa kabila la Kibende. Salamu hii inaitwa "Nansesya". Ili kutoa salamu hii, mdogo anatakiwa kuchuchumaa na kupiga makofi. Hebu tazama mwenyewe hapo pichani.



Msimbu Fema Club na vionjo vya Uzaramoni

Wazaramo ndiyo wenyeji wa mkoa wa Pwani. Kwakuwa Dar es Salaam ilitokana na mkoa wa Pwani, basi ni mkoa wao pia. Msimbu Fema Club waliandaa chakula cha asili cha kabila hili. Ni ugali wa muhogo, Kizaramo 'bada', kwa kuku wa kienyeji. Chakula hiki huandaliwa wageni maalum kama ishara ya heshima. Wao walimualika mkuu wao wa shule, Mwl. Kurwa Saso kama mgeni wa heshima. Cheki hapo.

Tuone ya Magufuli

Ni Magufuli High School kutoka Chato, Geita. Ni kama wanasema "asiyefanya kazi na asile". Wao wanatuonyesha namna Wasukuma wanavyolima kwa umoja huku wakiimba. Baada ya hapo walipika msosi wa asili wa watu wa kabila hili; ugali na mboga ya majani iitwayo Sansa. Kwa kuwa Wasukuma ni wafugaji, maziwa mgando hayakukosekana kusindikiza ugali. Safi kabisa.



Dodomezi watuonyesha ya Wamatumbi

Katika wilaya ya Kilwa mkoani Lindi kuna kabila la Wamatumbi. Basi ndugu zetu wa Dodomezi wakadeal nao. Walimtembelea Bi. Gradicia Lodrine Muba ambaye aliwapa historia fupi ya kabila hilo. Aliwaambia asili ya Wamatumbi ni eneo lilitalwa Kipatimu na neno Matumbi linatokana na neno 'itombee' likimaanisha milima. Hii inamaanisha kiasili Wamatumbi ni watu wa milimani. Katika kujivunia utamaduni wa Wamatumbi wakapika na kula chakula chao pendwa. Msosi wenyewe ni wali wa mpunga, tena mpunga wa milimani. Mboga ni mbaazi. Mboga nyingine ni nyanyachungu zilizochanganywa na mapapai au biringanya na kuungwa kwa nazi au ufuta. Balaa zito saana!



Amani Abeid Karume wametoka vipi?

Wao wako Singida. Hapa wanatuonesha namna Warangi wanavyofaidi chakula chao cha asili kiitwacho Kisra. Si unazijua chapati zile zinazopikwa kwa unga wa ngano tu? Sasa Kisra ni chapati ya unga wa uwele na ngano kidogo. Unaweza kula Kisra muda wowote. Unaambiwa, chapati hizi ni tamu sana na ni rahisi kupika, tena hazina gharama kubwa. Karibu!

Bilele&Kishanda wasakata goma la Kihaya

Tusafiri mpaka Kagera, huko tunakutana na Bilele Fema Club na Kishanda Fema Club. Si kwamba waliambizana, ila kwakuwa wamezungukwa na Wahaya, basi walijikuta tu wote wameamua kuonesha ngoma za asili za watu wa kabila hili. Wachezaji wa ngoma hii huvaa mavazi maalum yaitwayo 'bishenshe', kama unavyowaona pichani. Ubunifu wao ni wa kiwango cha juu, maana walitengeneza 'bishenshe' kwa kutumia majani ya migomba. Wametisha sana!



Chawi wanasema "Tucheze Sindimba"

Sindimba ni ngoma ya asili ya Wamakonde. Twaweza Chawi Fema Club kutoka Mtwara wanatuonesha uhondo kwa picha. Mara nyingi ngoma hii huchezwa kwenye jando na unyago. Wachezaji huvaa njuga zinazotengenezwa kwa magamba ya kokwa za embe. Viunoni huvaa vibwebwe viitwavyo Nkunumbi. Nkunumbi hutengenezwa kwa majani ya mnazi na huvaliwa na jinsi zote, huongeza 'vibe' wakati wa kucheza ngoma hii ya Sindimba.



Kyimo na sanaa ya Wanyakyusa

Mbeya, the Green City ndiyo makao makuu ya Wanyakyusa. Kyimo Fema Club waliona watuletee mawili matatu kutoka kwao. Kwanza, Wanyakyusa wana sanaa ya ususi wa mika kwa kutumia ukili unaotokana na mimea iitwayo Ukindu na virago vinavyotengenezwa kwa kamba za migomba. Kuna msosi pia, unaitwa kifuge. Unapikwa kwa maharage, viazi vitamu na chumvi. Baada ya kuiva vinachanganywa pamoja na kusongwa kama ugali. Kwa leo wacha tuone sanaa yao ya ususi tu.



Businda watuonjesha ya Wasumbwa

Ni Businda Fema Club ya Geita. Hawa nao walitisha sana na utamaduni wa Wasumbwa. Waliandaa michembe. Chakula hiki hutokana na viazi vitamu vilivyokatwa kitaalamu na kuanikwa. Maandalizi yake ya awali ni kama mkebe ya kule Kigoma. Tofauti ni kuwa, ili kupata Michembe, vile viazi vikishachemshwa husongwa kama ugali hivi. Michembe hunoga sana ikiliwa na maziwa mgando. Wanakwambia karibu!



Staric waja na Loshoro.

Kama ilivyo kwa jirani zao Wamasai, Loshoro ni chakula cha asili cha Wameru pia. Staric wametuonesha mchakato wa kuandaa chakula hiki kwa style ya Wameru. Loshoro hupikwa kwa kutumia mahindi yaliyokobolewa ambapo huchemshwa na kuachwa yapoe. Yakishapoa huchanganywa na maziwa na mtindi, pia kinaweza kuwekwa ndizi. Hukorogwa vizuri kwa kipekecho na upawa mpaka kiwe tayari.



Roche Fema Club, wacha kabisa!

Unawajua Wajaluo wewe? Kama huwajui, basi Roche Fema Club wameamua kukuonesha utamaduni wao. Wajaluo wanapatikana mpakani mwa Tanzania na Kenya. Wana mambo kibao ya Kitamaduni na mojawapo ni ngoma kama inavyoonekana pichani. Tena basi, hii ilikuwa ni siku ya tamasha la vipaji shuleni kwao.



Nash & Glory

Nash: Mambo Glory?

Glory: Poa kabisa Nash

Nash: Unajua, lile jambo tuliteta jana, natamani tuwaambie clubbers hapa leo.

Glory: Lipi hilo? Si unajua mimi na wewe tunaongea mengi?

Nash: Kuhusu hizi 'tasks' zinazotolewa kwa clubs kwa ajili ya club pages...

Glory: Enhee, tuwaambie. Hii ni fursa kubwa sana kwa clubs kufanya jambo na kushare!

Nash: Unakumbuka ile ya toleo la 58?

Glory: Wee! Vipo vitu vya kusahau, lakini sio ile.

Nakumbuka, club zilipewa kazi ya kutembelea eneo lolote la kihistoria, kupiga picha na kutuma kwetu picha na maelezo kidogo...

Nash: Enhee. It was fun! Yaani! Nilisoma kila kipande, nilitazama kila picha mara mbilimbili!

Glory: Hii nayo sasa umeiona? Wapo waliopika misosi ya asili, waliocheza ngoma, walioigiza ndoa za kimila, unasoma, unafurahi, unajifunza.

Nash: Na hii ni fursa nzuri kwa clubs kuonekana katika kurasa hizi. Si unajua wengi wamekuwa wakiuliza, tufanye nini ili tutokee katika jarida?

Glory: Tena utaratibu huu utaendelea, ingawa sio kwa kila toleo.

Nash: Naam. Tutakuwa tukiwapa tasks wafanye, lakini kwenye matoleo mengine tutaendelea kuchapisha picha za shughuli nyingine za kipekee zinazofanywa na clubs.

Glory: Kweli kabisa. Sasa, tuwaibie siri! Endeleeni kufanya tasks hizi zinapotolewa. Na pia endeleeni kututumia picha za matukio mbalimbali tofauti mnayoyafanya katika clubs kama kutembelea wazee, yatima, wagonjwa, usafi, mazingira, biashara, matamasha, uelimishaji rika nk.

Nash: Ujue nina hamu kubwa ya kuona toleo lijalo litakuwa na nini hapa kwenye club pgs! I can't wait!

Glory: Hatujajua kama watapelewa tena task ya kufanya, au labda zitachapishwa picha za matukio tofautitofauti yanayofanywa na clubs kila kona.

Nash: Kumbesasa, ni bora club zitume picha na vijitori vya matukio yao kabisa tuwe nazo. Na pia kama itatolewa tena 'task' kila club ichangamke, ifanye.

Mmesikia eeh?

Nash & Glory



Michoro ya mapangoni



Zana za mababu



Vyombo vya udongo

Twen'zetu Makumbusho

NA PENDO MASHULANO

Unapatwa na furaha, dakika inayofuata unagubikwa na hasira hadi machozi yanakulenga! Unapiga moyo konde unaendelea kusikiliza, dakika tano baadaye furaha inarejea, tena inakithiri hadi unaanza kutabasamu. Hujakaa sawa, unapatwa na uchungu, urnameza fundo la mate, unaendelea kusikiliza!

Sema.
Tenda!



Hii ndiyo hali iliyonipata siku nilipotembelea Makumbusho ya Taifa na Nyumba ya Utamaduni na kupewa maelezo kwa kina kuhusu kituo hicho na vituo vingine sita kutoka kona mbalimbali za nchi yetu, vilivyo chini ya Makumbusho ya Taifa. Chance Adam Ezekiel ni Kaimu Mkurugenzi wa Kituo hicho. Ni mwanasayansi aliyetamani kuwa daktari, ghafla akabadili gia angani, akasoma sanaa. Akikutembeza makumbusho, utapenda! Atakupa *fact*, ataitetea kisayansi, na kuiwasilisha kwa mtindo wa sanaa. Hisia zako zitabadilika kadri anavyosimulia. Hakika hutochoka kumsikiliza! Hivi ndivyo alivyosimulia...

Enhee, tuanzie hapa tuliposimama!

Jengo hili ndilo lenye umri mkubwa zaidi katika kituo hiki. Lilijengwa mwaka 1938 wakati wa ukoloni wa Mwingereza kwa kumbukumbu ya Mfalme wao King George wa Tano. Hakuna mtu mweusi aliyekuwa anaruhusiwa kukanyaga eneo hili wakati wa utawala ule. Unaweza kuona ni jinsi gani walivyojipendelea! Ikulu hiyo hapo, hatua chache tu kutoka hapa, hapo nyuma tu kuna *botanical garden*, sehemu yao ya kupumzika na kujidai – miti yote ya asili ya Tanzania imewekwa humo, ukitembea kidogo tu umefika baharini. Walijipenda!

Tazama huu mti!

Huu ni mkuyu, kwa kimombo *fig tree*. Ni mti maarufu ambao umetajwa hata kwenye maandiko matakatifu. Kama unaifahamu hadithi ya mtu mfupi Zakayo, ni mti kama huu ndio alioupanda ili apate kushuhudia muujiza. Mti huu ni Mungu kwa baadhi ya watu wenye asili ya India. Kwa kuheshimu mila yao, tumewajengea sehemu ya kukaa. Huja hapa kwa wingi kufanya ibada na matambiko. Kila sehemu ya mti huu ni dawa; utomvu, majani, magome, mizizi hadi matunda. Hapo ulipo una miaka 102, na zamani miti hii ilikuwa mitatu tu mji mzima.



Kinyamkera mnakifahamu?



Tumetoka mbali



Vyombo vya Wachagga



Tazama hilo dubwana hapo!

Ni aina ya mijusi waliowahi kuishi katika ardhi ya Tanzania. Alikuwa anakula kilo 260 za nyama kwa siku. Kimo chake kilikuwa sawa na ghorofa tatu na urefu wake ulikuwa mita 12!

Hapo tunazungumzia miaka milioni kadhaa iliyopita, kabla mwanadamu hajaanza kuishi. Eneo la Tendaguru, Lindi, ndipo mabaki yake yalipogunduliwa. Hiki ni kifani chake, tumetengeneza kwa kutumia vyuma chakavu. Hapa utapata historia ya dubwana hili lakini pia utajifunza utunzaji wa mazingira.

Karibu ukumbi wa historia.

Utakapomaliza kutembelea ukumbi huu, utakuwa umepata hisia mchanganyiko. Kitu kikubwa utakachojifunza humu ni kwamba biashara ya utumwa haikuwa baina ya Waarabu na Wazungu tu. Sisi watu weusi tulihusika kwa karibu sana. Ni Mwafrika ndiye aliyekuwa kibaraka! Anajipendekeza, anakwenda kumwambia Mkoloni kwamba kuna ndugu yangu fulani, ni pande la mtu, ana nguvu, anafaa kuwa mtumwa. Wenzetu weusi ndio waliotuuza. Walipewa nguo, wakavaa kama wakoloni, wakajiona sio waafrika tena. Watumwa walipigwa mihuri ya moto, kama *barcode*! Huu ni ukatili mkubwa sana kuwahi kufanyika duniani.

Tazama kitanda hiki

Ni cha Sheikh Hussein wa Kilwa, kilitumiwa na babu yake karne ya 18. Kiko juu! Haikuwa rahisi kwake kupanda na kushuka, hivyo ilikuwa lazima mtwana mmoja apige magoti, ili mgongo wake utumike kama ngazi! Hivyo ndivyo babu zetu walivyoteseka. Hata usiku wa manane aliamshwa mtu atege mgongo!

Hii nayo uisikie tu!

Tazama hao waliobeba jino la ndovu. Lina kilo 60 na umbali waliotembea haeulezeki. Watoto wadogo kama huyu pia walinunuliwa kama watumwa. Kazi yao ilikuwa ni kubeba chakula cha watumwa na wao ndio waliokuwa chambo, yaani hapo akitokea simba anasukumwa huyo mtoto porini aliwe, ili watumwa waendee na safari.



TIRIRIKA

Ni utamaduni wa watu wa kabila gani hapa Tanzania ambao unakuvutia zaidi na kwanini?



ABRAHAM MFAUME HASHIMU, 16 ZINGA SS

Wazaramo. Kwa sababu wanapenda mdundiko na wanatoa mafunzo mkoleni. Pia, wanapenda vyakula vya utamaduni wao mfano ugali wa muhogo (bada) kwa dagaa wa mchuzi.



BEATRICE GABRIEL KABEBE, 17 KIROMO SS

Navutiwa na utamaduni wa Wamasai kwa sababu wanajitahidi sana kuendeleza mila na desturi zao kwa mavazi, lugha yao na vyakula vyao.



KARIMU MBEGU SAID, 17, KIROMO SS
Wasukuma. Hii kwa sababu, wamejikita katika shughuli za kilimo. Kilimo ni muhimu sana.

SEMA. TENDA!



Sanaa na wasanii



Wakuu wa Mikoa wa mwanzo



Mambo ya tingatinga

Huyu tunamwita zamadamu

Zinjanthropus. Fuvu hili liligundulika Olduvai Gorge huko Arusha. Mpaka sasa inaaminika kwamba huyu ndiye zamadamu aliyeishi zamani zaidi. Huenda ikawa chimbuko la uhai wa mwanadamu ni hapa kwetu Tanzania. Watu wengi husafiri kutoka sehemu mbalimbali duniani kuja kuona fuvu hili. Linatupa *credit* sana.

Twenzetu 'Kijijini'

Kijiji cha Makumbusho ni moja ya mazao ya kituo hiki. Huku ndiko utakapojionea mila, desturi na historia ya maisha ya wazee wetu. Kuna nyumba za makabila mbalimbali yanayopatikana Tanzania na vitu walivyovitumia. Kuna msitu mnene ambao hutumika kwa unyago, matambiko na masuala mbalimbali ya kimila. Hii ni nyumba ya Waha kutoka Kigoma. Nyumba hii ndiyo iliyosababisha kuanzishwa kwa kituo hiki. Ni nyumba inayohamishika. Ilibebwa kutoka Kigoma na kuletwa Dar kwenye maonesho. Ndipo serikali ikapendekeza, isirudishwe Kigoma bali iwekwe hapa na pafanyike kuwa Kijiji cha Makumbusho. Tunaruhusu watu wa makabila mbalimbali kuja kufanya mila zao kijijini hapa.

Twende Arusha

Huko tunaikuta Makumbusho ya Elimu Viumbe. Hii inatunza urithi wa viumbe waliowahi kuishi nchini Tanzania. Hivi unajua, maisha ya kobe ni ya siri sana?! Lakini pale utamwona *live*; anakula, anatembea, unaruhusiwa hata kumtupia kabichi uone anavyokula. Utaona kuku wa zamani jinsi walivyokuwa wakubwa. Hiyo ni mifano michache tu, lakini kuna mengi ya kuona.

Kwenye makumbusho hii hata jengo tu ni kivutio. Ni tofauti na majengo yote ya Arusha. Limejengwa kwa mtindo wa pwani,

nondo za madirisha ni mitutu ya Bunduki. Mjerumani huyo! Ukiwa bado Arusha, pia kuna Makumbusho ya Azimio la Arusha. Pale utaona *live* viti halisi ambavyo Mwalimu Nyerere na wajumbe wake walikaa. Utashuhudia mwenge wa kwanza kabisa wa Uhuru, ule haswaa uliowashwa juu ya kilele cha mlima Kilimanjaro.

Tusogee Songea

Ukienda Songea utakutana na Makumbusho ya Kumbukumbu ya Vita vya Majimaji. Utashuhudia kaburi la pamoja la mashujaa 67 walionyongwa na Mjerumani. Aliwabatiza, akawapa majina mapya, kisha wakawanyonga na kuwazika kaburi moja. Hata sehemu waliponyongewa utaiona.

Kabla hujaondoka Songea, utaona pia Makumbusho ya Kumbukumbu ya Dk Rashid Mfaume Kawawa. Hii ilikuwa ni nyumba ya familia ya Rashid Mfaume Kawawa. Baada ya kifo chake familia ilikabidhi kwa serikali ili ifanyike Makumbusho. Huu ni uzalendo usiopimika!

Tuingie Mara, Butiama

Huko tunakutana na Makumbusho ya Mwalimu Nyerere. Ukifika hapo utaona kaburi la Baba wa Taifa. Wengi huenda kuomba na kufanya matambiko pale. Sisi kazi yetu ni kutunza mila na desturi, na matambiko ni sehemu ya mila, hivyo tunaruhusu watu kufanya matambiko. Utaona pia nguo za Mwalimu Nyerere pamoja na maandiko aliyoyaandika mwenyewe kwa mkono wake. Ndipo utakapogundua kwamba Nyerere aliandika mambo mengi na alikuwa na mwandiko mzuri sana.

Sitaki kukumalizia uhondo

Hivyo ndivyo vituo vyetu vikubwa, lakini tunavyo vingine vidogovidogo vipatavyo 91 vya mambo ya kale. Hakuna Mkoa wa Tanzania usiokuwa na chochote cha kuona.

Kumbuka, ukitaka kujua mila, desturi na utamaduni wa Mtanzania, Makumbusho za Taifa na sehemu za mambo ya kale ni maeneo unayopaswa kutembelea. Gharama ni nafuu sana, kwa mtu mzima ni Sh 2,500 tu, mtoto buku! Em Twen'zetu



Simba aliyekaushwa



Hili nalo litakushangaza



Biashara ya utumwa, hapana.

Down Museum Lane.

BY PENDO MASHULANO

One minute you're so excited and the next so sad and about to cry. You persevere and keep listening, and in no less than five minutes you're so happy again, you start smiling. Then! You're back to being sad and so you swallow hard! But, you keep on listening.

This is what I faced when I visited the National Museum and House of Culture and was given a brief history of the institution and other facilities that fall under the National Museum. Chance Adam Ezekiel is the Acting Director of the National Museum and House of Culture. He is a scientist who wanted to be a doctor but changed his mind and studied arts. You will enjoy touring the *Makumbusho* with him as your guide. He scientifically defends his facts and presents them artistically. Your emotions fluctuate as he narrates, and surely, you won't get tired of listening to him.

Let's begin where we stand.

This building is the oldest in this centre. It was built in 1938 during British colonialism in memory of King George V. No black man was allowed to step in this area during his reign. You can see how they favored themselves! Over there is the State House! Just a short distance from here, and behind it is the botanical garden, a place to rest and relax. All native trees of Tanzania are there, and a few steps away is the ocean.

See this tree.

This is a fig tree. It's mentioned a lot in the holy books. If you know the story of Zacchaeus, it was such a tree that he climbed to witness the miracle. This tree is a god to some people of Indian origin. In their respect we made a place for them to sit as they come for worship and rituals. Each part of this tree is medicine; its sap, leaves, bark, roots and fruits. It is more than 102 years old. There used to be only 3 of its kind in the whole city.

Look at that figure!

It is an installation representing a lizard specie that once existed in Tanzania. It used to eat 260kg of meat a day. Its height was like three stories of a building and it was 12m in length. That was millions of years ago before humans existed. Its fossils were found around Tendaguru, Lindi. This structure here, we made it out of scrap metal. It is its lookalike. Here you'll get its history and also learn about environmental conservation.

Welcome to the history corner.

When you finish touring this hall, you'll have mixed emotions. You will have learned that slave trade was not just between the Arabs and Europeans, we black people were also closely involved. It was the Africans who were traitors. They would cozy up to the masters and tell them that so and so would make a great slave, because he is strong and big. It is our fellow Africans who betrayed us. They were given clothes, and just because they then dressed like the master, they also thought themselves masters. Slaves were stamped like barcodes; that is one of the greatest inhuman actions.

See this bed.

It belonged to Sheikh Hussein's of Kilwa, and it was used by his grandfather in the 18thC. It is high! It wasn't easy for him to climb onto it and off of it, hence a servant had to kneel, and his back was used as a staircase! That is how our grandfathers suffered. Even at midnight, a servant would be woken up to be stairs.

Just listen to this.

Look at those carrying ivory tusks. One tusk is 60kilograms, and the distance they had to walk is inexplicable. Little kids like this one here were also bought as slaves. Their job was to carry food for others, and they were also used as bait. Yes! If there was a lion in the forest, they were pushed forward to be eaten so that the rest could proceed with the journey.

We call this Early Man.

Zinjanthropus. This skull was discovered at Olduvai Gorge in Arusha. To date he is believed to be the earliest man on earth. Probably the origin of man is here in Tanzania. People from all over the world travel to see this skull. It really gives us a lot of credit.

Let's go to the village.

Village Museum is one of the products of this centre. It's where you'll see the traditions, customs and historical life of our ancestors. There are house models from various Tanzanian communities and some of the tools they used in the past. There's a thick forest used for *initiation rituals*, sacrifice rituals and other tribal activities. This house is for Waha people from Kigoma. It is the reason this village was created. The house is movable. It was transported from Kigoma to Dar for exhibition. The government decided that it should not be returned to Kigoma but rather be retained here and turn this place into Makumbusho village. We allow various tribes to come and perform their rituals here; those that are not harmful.

Let's move to Arusha.

We call this the Museum of Natural History. It houses the remains of creatures that once lived in Tanzania. Did you know that a tortoise's life is so secretive? At this place you'll see it live, moving around, eating and you can feed it. You'll see how big chicken were in the olden days. These are just a few examples, there's more to see.

At this museum, even the building itself is an attraction. It's different from other buildings in Arusha. It has a coastal architecture with windows made of gun barrels. The Germans built it! In Arusha, there's the Arusha Declaration Museum. You'll see the real chairs used by Mwl. Nyerere and his team as well as the original Freedom Torch, the exact one that was lit on top of Mt Kilimanjaro.

Let's move to Songea.

In Songea you'll see the Majimaji War museum. You'll get to see the common grave of 67 warriors who were baptized, given new names and then hanged by Germans. You'll even see the place they were hanged. Before leaving Songea visit the Dr Rashid Mfaume Kawawa Memorial. It was the home of Chief Rashid Kawawa. Upon his passing, the family gave the house to the government to be used as museum. This is patriotism of the highest level.

Let's move to Mara, Butiama.

There you'll find the Mwl. Nyerere Memorial Museum. Upon arriving, you will see the grave of the Father of The Nation. People go there to pray and perform rituals. Our work is to preserve traditions and customs, and rituals are part of it. You'll see Mwalimu's clothes and articles he wrote by hand. You'll realize that he wrote a lot and had an absolutely wonderful handwriting.

A lot to see

Those are our major Museums, but we have 91 others, smaller ones about antiquities. Every region in Tanzania has something to see.

Remember: If you want to learn the local traditions, customs and cultures, the National Museums are a place to visit. Our charges are affordable; Tshs 2,500 and 1,000 for adults and children respectively. Let's go!



ALAMA ZETU, FAHARI YETU

NA RAPHAEL NYONI

Mbali ya kuwa na mipaka ya kijiografia, Katiba na wananchi, kila Taifa huwa na alama nyingine za utambulisho ambazo hulitofautisha na mataifa mengine kwa urahisi. Mila na desturi zinaweza zikaingiliana kati ya nchi na nchi hasa kwa wananchi ambao wanaishi maeneo ya mipakani, lakini hizi alama husaidia kuonesha tofauti zao.

Alama hizi hubeba ishara na maana mbalimbali kwa Taifa husika hivyo basi hata uzito ambao zinapewa ni mkubwa pia. Ndio maana kuna sheria mbalimbali ambazo zinalinda matumizi ya alama hizi, na hata upatikanaji wake hutolewa kutoka katika ofisi maalum za serikali na matumizi yake pia huwa na uzito kwa kiasi chake. Jamhuri ya Muungano wa Tanzania nayo ina alama ambazo zinatofautiana na mataifa mengine, na kufanya rahisi kwa sisi kutambulika katika jumuiya ya kimataifa au hata kutambuana na wenzetu pale tunapokuwa nje ya nchi.

BENDERA YA TAIFA

Oktoba 29 ya mwaka 1964 baada ya muungano wa Tanganyika na Zanzibar ndio tulianza rasmi kuitumia bendera hii ambayo hadi leo bado tunaitumia. Kabla ya hapo kulikuwa na bendera ya Tanganyika ambayo ilikuwa inapepea upande wa Tanzania Bara tu, na upande wa Tanzania visiwani nao walikuwa na bendera yao.

Kwenye Bendera ya Jamhuri ya Muungano wa Tanzania, kuna rangi nne ambazo ni kijani, nyeusi, bluu na njano. Rangi hizi pia zilikuwa katika bendera zote mbili za Tanganyika na Zanzibar kabla ya muungano. Rangi ya kijani iliyokuwa chini katika bendera ya Tanganyika iliondolewa na kuwekwa rangi ya bluu iliyokuwa katika bendera ya Serikali ya Mapinduzi ya Zanzibar. Na ile rangi ya njano na nyeusi ambayo imekaa ki-mshazali, imewekwa vile kuonesha usawa uliopo katika nchi hizi mbili ambazo zinaunda Jamhuri ya Muungano wa Tanzania.





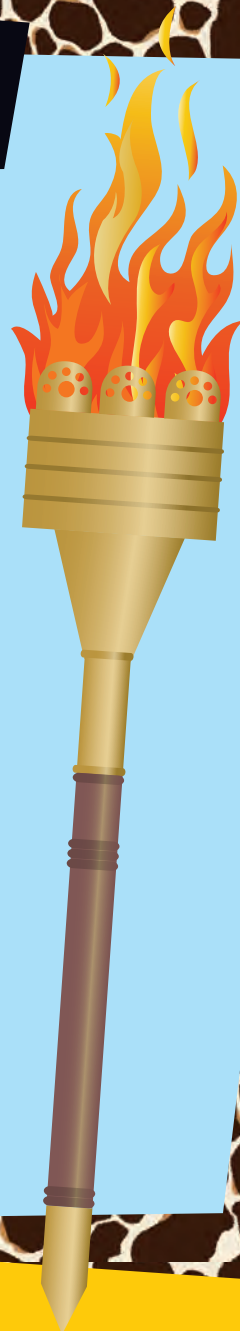
WIMBO WA TAIFA

Unafahamika zaidi kama 'Mungu Ibariki Afrika'. Tyuni za wimbo huu zinatokana na utunzi wake Enoch Sontonga, mnamo mwaka 1897 kupitia wimbo wake wa Nkosi sikelel'i Afrika. Tanzania ilikuwa ndio nchi ya kwanza barani Afrika kutumia tyuni ya wimbo huu kama wimbo wake wa Taifa ikinakshiwa na maneno ya lugha adhimu ya Kiswahili yenye kumsihi Mungu aibariki Afrika, viongozi, Taifa letu pamoja na watu wake. Kwa mara ya kwanza wimbo wetu wa Taifa uliimbwa wakati wa sherehe za uhuru wa Tanganyika kutoka katika ukoloni wa Mwingereza ambapo wimbo wa God Bless the Queen ndio ulikuwa ukitumika kabla. Mataifa mengine ya Afrika yanayotumia tyuni za Nkosi sikelel'i Afrika lakini zikiwa na maneno tofauti, ni pamoja na Afrika Kusini na Zambia.

MWENGE WA UHURU

Wakati muasisi wa Taifa hili, Hayati Mwalimu Nyerere alipokuwa akikabidhiwa uhuru wa Tanganyika mwaka 1961, Kapteni Nyirenda naye alikuwa katika kilele cha mlima Kilimanjaro akiwa amekwenda kwa kazi moja tu. Kupandisha mwenge wa Uhuru hadi kilele cha mlima huu mrefu kuliko yote barani Afrika. Tukirudi uwanja wa Uhuru, Mwalimu Nyerere wakati wa hotuba yake alitamka maneno haya *"...umulike hata nje ya mipaka yetu, ulete tumaini mahala pasipo na tumaini, faraja palipo na huzuni, tumaini pasipo na tumaini, upendo penye chuki na heshima palipo na dharau"*. Mwenge huo.

Maneno hayo inawezekana kabisa ilikuwa pia ni chachu ya Taifa letu kupigania ukombozi wa mataifa mengine katika bara la Afrika. Leo kila mwaka huwa kunakuwa na Mbio za Mwenge ambazo huanzia katika mikoa tofauti na kuzimwa katika mikoa tofauti pia. Lengo kuu ni kuendelea kukumbushana sisi kama Watanzania jukumu letu la kulinda uhuru, amani na umoja ambao tunao.



NEMBO YA TAIFA



Kabla ya Muungano wa Tanganyika na Zanzibar, Tanganyika ilikuwa na nembo yake kama ilivyo nembo ambayo tunaifahamu leo hii. Ngao ya Bibi na Bwana, karibu kila kitu kilikuwa sawa kasoro muonekano wa mpangilio wa rangi na vitu vinavyoonekana katika ngao vilikuwa tofauti kidogo.

Nembo ya kwanza ilitumika kuanzia tulipopata uhuru mwaka 1961 mpaka mwaka 1964. Nembo ya pili ilitangazwa kwenye gazeti la serikali mwaka 1971 kuidhinisha matumizi yake kwa serikali ya Jamhuri ya Muungano wa Tanzania.

Alama zilizopo katika nembo ni pamoja na ngao, ambayo ipo katikati imeshikiliwa na Bibi na Bwana. Upande wa juu wa ngao hii kuna rangi ya njano inayowakilisha madini pamoja na mwenge unaowakilisha uhuru, nuru na kujitambua. Inafuatia Bendera ya Taifa kisha rangi nyekundu inayowakilisha udongo wenye rutuba. Mkuki unawakilisha ulinzi na shoka na jembe vinawakilisha shughuli za uchumi za Watanzania. Katika ngao hii ndipo pia tunapata *Motto* ya nchi yetu ambayo ni Uhuru na Umoja.

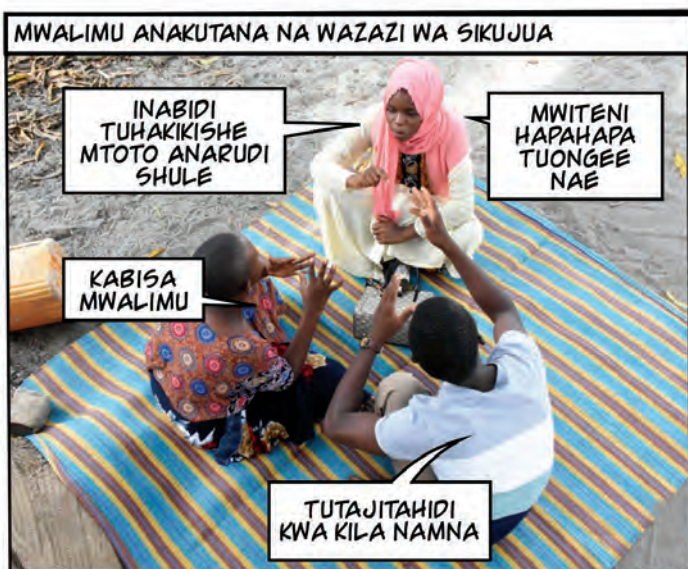
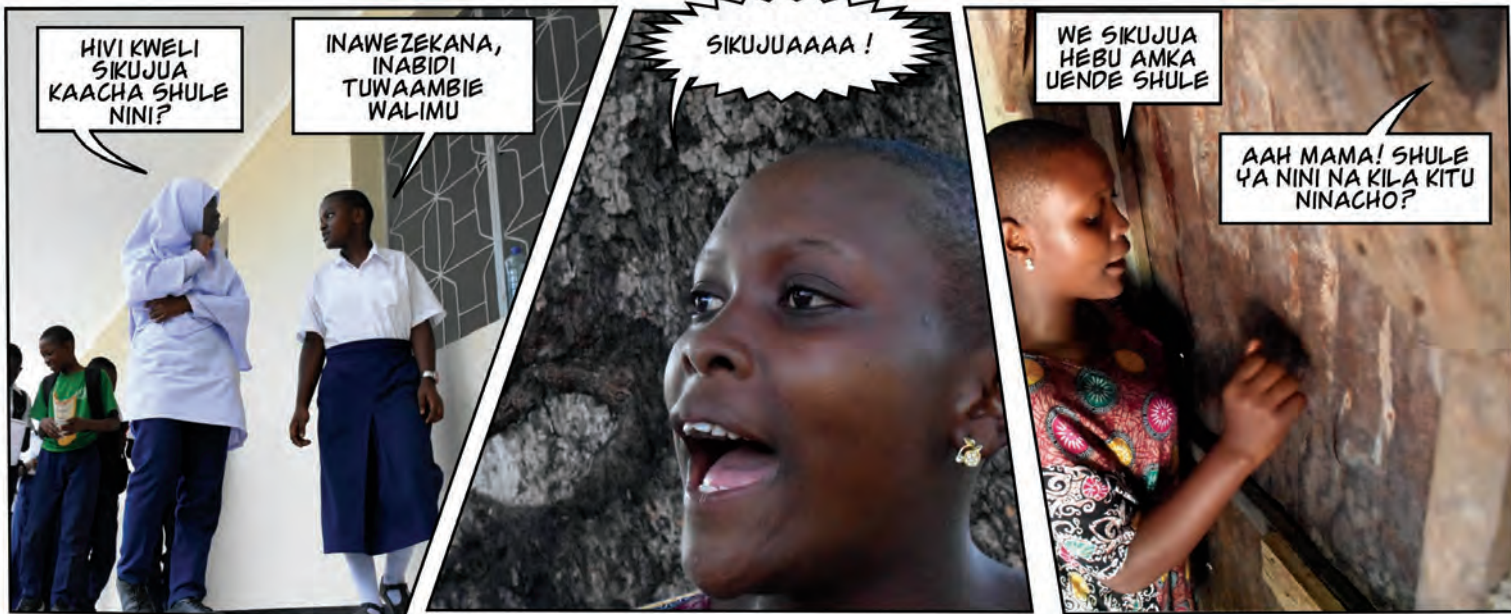
NJIA

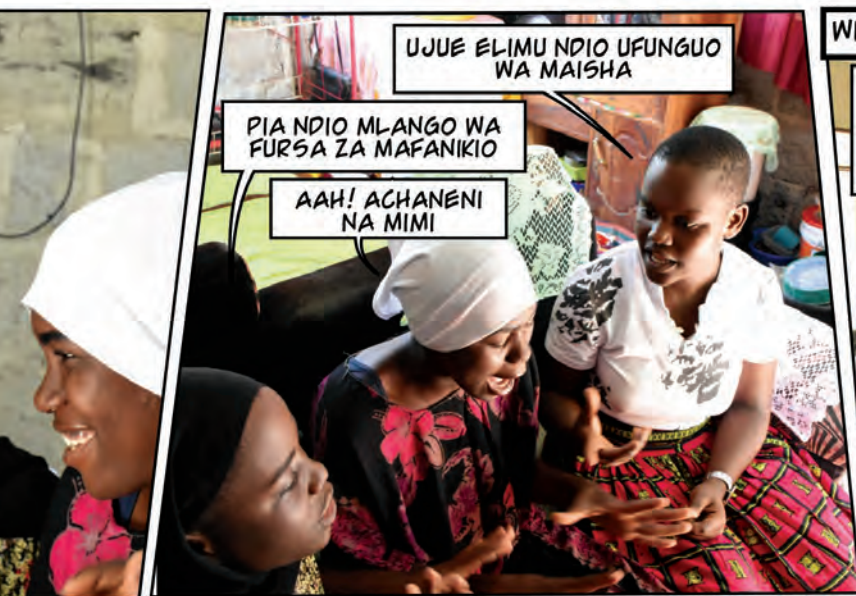
PANDA

SIKUJUA BAADA YA KUFIKIA UMRI WA KUCHEZWA UNYAGO WAZAZI WAKE WANAAMUA KUMUWEKA NDANI. MAKUNGWI WANAMFUNDA YALE YOTE YA MUHIMU, INABAKI AKILI KICHWANI KWAKE. MAMBO YANABADILIKA SIKU YA NGOMA, SHEREHE INANOGA KUPITILIZA ANAAMUA KUKATISHA NA MASOMO. JE, NI NINI KILIMFANYA AKAAMUA KUKATISHA MASOMO? FUATILIA...









*PICHA: RAPHAEL NYONI
 *LONGOZAJI: HARIDI ISSA
 *WAIGIZAJI: ZINGA SEC FEMA CLUB
 *SHUKRANI: WALIMU WALEZI WA ZINGA FEMA CLUB NA LONGOZI WOTE WA ZINGA SEC.

Zawadi kama zawadi!

NA RAPHAEL NYONI

Sio tu chipsi kuku na zawadi za lifti na vitu vingine vidogo vidogo vinavyotolewa na mabazazi ambavyo huharibu ndoto za watoto wa kike wengi na wanafunzi kwa ujumla, la hasha! Hata zile zawadi zinazotolewa na ndugu na jamaa kwa nia njema pia zinaweza kuleta matokeo mabaya kama hazitatolewa kuendana na wakati na mazingira waliyonayo.

Hivi kumbe hatujasalimiana! Mambo zenu jamani? Sema na Fema...! Ewaaa. Paza sauti yako! Wakati unasoma hiyo hadithi ya picha ulikuwa unafikiria nini? Kitu gani wewe kimekugusa binafsi? Hebu tuwapigie makofi kidogo wana Zinga Fema Club kwa igizo lao lenye mafunzo kuntu.

Mambo yalianzia hapa

Wakati tunafika shule ya sekondari Zinga, hatukuwa tunajua tungeongelea nini kuhusiana na jando na unyago, na tukawa na shauku ya kuonana na wana Fema ili tujadiliane kwa pamoja. Hata hivyo, wakati tumeenda kujitambulisha kwa Kaimu Mkuu wa Shule, ndugu Evans Haule, na kumueleza dhumuni letu, yeye alitupatia wazo wakati wa mazungumzo. "Zawadi zinazotolewa wakati wa jando na unyago zinaathiri sana taaluma! Hebu fikiria mwanafunzi anapewa kitanda, godoro, sofa, vyombo vya kutumia nyumbani n.k. je, atakuwa na hamu kweli ya kuendelea na shule huyu? Bora hata angepewa madaftari, sare za shule, na mahitaji mengine muhimu ya shule ili wawe *motivated* na shule zaidi," alieleza Mwalimu Haule. Wakati wa mjadala na wanaclub katika kudodosa, tulipata taswira ya kinachoendelea kwenye jando na unyago kulingana na tamaduni na makabila mbalimbali, lakini yote yakiwa na lengo moja tu, kumuandaa binti au kijana kuingia maisha ya utu uzima. Si unajua tena tamaduni zetu za kibantu zinafanana! Safari hii, ya mkoleni hayakubaki mkoleni. Ambao walikiri kucheza walisema ni kweli wanapewa zawadi lakini hazihusiani kabisa na shule. Japo wanacheza kipindi ambapo shule imefungwa, lakini zawadi wanazopewa wengi zinawafunga akili, na ukiwa na akili ndogo hurudi shule.



Labda nirudi kwako wewe, ukivaa nafasi ya Sikujua, wewe ungechukua uamuzi gani ambao unaona una manufaa katika maisha yako baada ya kuzawadiwa 'full set ya ghetto'? Labda tuulizane swali la msingi; **Unapokwenda shule unakwenda kufanya nini?** Na miaka mitano baada ya hapo unajiona ukiwa wapi?

Zingatia elimu!

Ni kweli, elimu ya jando na unyago inayo mengi ya muhimu, maana hata wahenga waliosema "elimu ni ufunguo wa maisha," hawakusema ni elimu ipi. Kujifunza mambo yenye kukujenga ni jambo jema. Lakini sasa, kama tulivyoona hapo kwa Sikujua, kukiingia mambo na vijimambo vinavyokutoa kwenye mstari, lazima tukuulize swali; Je, zile zawadi ulizopewa ni za muhimu zaidi hadi kukufanya uache elimu yenye viwango vya ubora uliothibitishwa kimataifa? Hakuna zawadi utakayopewa mahala popote pale itakayozidi elimu yenye viwango! TV zinapitwa na wakati, simu kila siku yanakuja matoleo mapya, mitindo ya nguo inabadilika kila uchao, pesa zinahitaji akili na maarifa. Ila zawadi ya elimu haichuji na wala haipitwi na wakati. Kwenye igizo kuna mahala tunaona mama Sikujua anakwenda kumwamsha mwanae ili aende shule lakini Sikujua anasema yeye kila kitu anacho. Unadhani ni kweli Sikujua ana kila kitu cha kufanya asione tena maana ya shule? Ungekuwa wewe ndo mama Sikujua ungemjibu vipi?



MWIKO! SIO WA UGALI.

NA ASHA MANENO

Dunia imejaa miiko! Hiki usifanye. Pale usikae. Hicho usile. Na kile pale unachokiona, kile usiguse! Ukifanya utakufa. Ukikaa utaota mkia. Ukila utaota ndoto mbaya! Ukigusa utabadilika jinsi. Uuwi! Vitisho mpaka basi! Hata hapa nchini kwetu, jamii mbalimbali zina miiko yake. Mengine iko kwenye jamii fulani tu, mengine utaikuta kila utakapokwenda! Lakini, miiko mingi si mibaya. La hash! Wazee wetu walikuwa na jambo lao, wakataka kuwasilisha kwa watoto, wakaona wakisema ukweli watoto watalichukulia poa, wakaamua kutumia vitisho! Wafanyakazi wa Femina nao sio kisiwa. Wamezaliwa na kukulia katika mikoa mbalimbali ya Tanzania. Kila mmoja wakati anakua kuna kitu alichambiwa ni mwiko. Wengi wakati huo waliamini, wakaogopa, hawakuthubutu! Kwenye makala hii baadhi yao wanatushirikisha mambo ambayo utotoni waliambiwa ni mwiko, lakini baadaye wakagundua 'janja' ya wahenga!

KAGERA



Wahenga nawapenda!

Mimi nakumbuka kuambiwa sana na wazee, kwamba ukishakata kucha usizitupe ndani, zichimbie nje halafu vidole vyako vitaota kucha mpya nzuri. Baadae nilijifunza kwamba kauli hii ilikuwa inalenga kutunza usafi, maana ukitupa kucha nje tena ndani ya udongo, hazitachafua nyumba.

*Amabilis Batamula,
Mhaya kutoka Kagera*

Nani asingeogopa?

Basi bana! Wakati nakua nikawa naambiwa eti usikate kucha usiku, ukikata hutooa. Ilinitia hofu kiasi chake hahahahaha. Lakini baadaye nikagundua kwamba inawezekana wazee wetu walitunga mwiko huo kwa sababu usiku ni giza, hivyo ukikata kucha gizani unaweza kujikata.

Thabiti Ahmed, Mnyamwezi kutoka Tabora



Sikia hii

Mimi bana, nilikuwa nikiambiwa usiketi karibu na wazazi, utakosa adabu. Lakini baadaye nilichogundua ni kwamba walikuwa wanajaribu kuepusha mtoto asiketi karibu na wazazi au watu wazima ili asisikilize maongezi yao kwani anaweza kuyapeleka kwingine na sio tabia nzuri.

*Veronica Vedastus, Mkerewe
kutoka Mwanza*



MWANZA



Wahenga bana!

Utotoni nilikuwa nikiambiwa kwamba ukifagia nyumba usiku unaondoa baraka. Baadaye niligundua kwamba kwakuwa zamani hakukuwa na umeme, pengine ukifagia gizani unaweza kutupa kitu cha thamani. Wahenga nimewastukia!

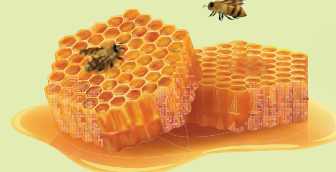
*Michael Shindika, Msukuma
kutoka Mwanza*



SHINYANGA



TABORA





Nani angethubutu!

Sisi bana tukiwa wadogo tuliambiwa eti usimchungulie mtu mzima akiwa anaoga. Tukatishwa, eti ukimchungulia, mama yako atakatika matiti. Unajua, ni desturi ya watu waishio kando ya ziwa kuoga ziwani. Kwahiyo ili kuzuia vitendo vya watoto kuwachungulia watu wazima, ilibidi wahenga waje na mwiko huo. Ila aisee, wakati ule niliamini kabisaa.

Albinus Kiagati, Mkwya kutoka Mara



MARA



Hii nayo ilikuwa kali!

Niliambiwa mengi nikiwa mtoto, lakini kali ninayoikumbuka, eti ukijisaidia sehemu ya wazi ukaacha kinyesi, mtu akimwaga majivu kwenye kinyesi unachubuka. Ila, baadaye niligundua kwamba wahenga wetu walitunga mwiko huo ili watu wasiwe wanaacha kinyesi ovyo, kwani ni uchafuzi wa mazingira.

Nashivai Mollel, Mmaasai kutoka Arusha



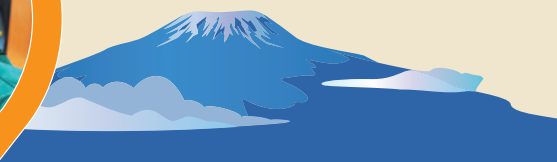
ARUSHA



Imagine utamu wa yai!

Nikiwa mdogo niliambiwa mjamzito hapaswi kula mayai, eti akila atazaa mtoto asiye na nywele. Mwanzoni niliamini, lakini baadaye niligundua kwamba mayai yana protini nyingi, hivyo yanaweza kumnenepesha mtoto. Na kwakuwa wakati huo hakukuwa na huduma ya upasuaji wakati wa kujifungua, waliona ni bora wamtishe mama ili asile mayai, ajifungue kwa urahisi.

Sakina Mollel, Mmaasai kutoka Arusha.



KILIMANJARO



Dada zangu hii mnaiamini?

Niliambiwa mengi, lakini mojawapo ilikuwa ni kwamba msichana/mwanamke akiwa hedhi hapaswi kuchuma mboga. Eti akichuma, mmea utakauka. Sikuona uhusiano uliopo, hivyo nilitafakari sana. Baadaye nikagundua kwamba inawezekana wahenga walisema hivyo ili kuhakikisha kwamba mtoto anapopata hedhi wanajua. Ili asije akapata mimba, wakagundua kwa kuchelewa sana.

Innocent Mawi, Mchagga kutoka Kilimanjaro



SINGIDA

Sindano usiku kulikoni?

Basi bana! Si nikawa nasikia kwamba hairuhusiwi kununua sindano usiku! Wala sikuambiwa ukinunua nini kitatokea, lakini niligundua kwamba hata wauzaji wanagoma kuuza sindano usiku! Ila baada ya kutafakari, nahisi kwakuwa zamani hakukuwa na umeme, labda walihofia mtu akishona nguo gizani anaweza kujichoma.

Martha Samwel, Mnyiramba kutoka Singida



MANYARA



IRINGA



Wahenga wajanja!

Nakumbuka tukiwa watoto, tuliambiwa ukila pamoja na mzazi na wewe utaumwa tumbo la uzazi kama yeye. Mwiko huu umeendelea kuenezwa hadi leo. Lakini mimi baadaye niligundua kwamba, hii ilisaidia kuhakikisha chakula cha mzazi hakiishi, mzazi anakula peke yake, anashiba.

Constancia Mgemwa, aka Dear Auntie, Mhehe kutoka Iringa



Halahala hedhi na kisima!

Nisije nikaandika za wengine, nikajisahau! Nasi tulikuwa na miiko mingi tu, ila wacha niwape hii moja. Sie bana tulikuwa tukiambiwa, ni mwiko kwa msichana kwenda kisimani kuteka maji akiwa hedhi. Baada ya kutafakari sana, nikagundua kwamba kwakuwa zamani kulikuwa na uhaba wa vitu vya kujihifadhi, yaani pedi na nguo za ndani, inawezekana wazee wetu walihofia kwamba inaweza kutokea damu ikachuruzika, ikachafua maji kisimani. Nawaza tu yaani!

Asha Maneno, Mluguru kutoka Morogoro.



MOROGORO



Hii nayo ilivuma

Niliambiwa, ni mwiko kukalia figa. Eti ukifanya hivyo utapata majipu kwenye makalio. Kwakweli ukiambiwa hivyo unaogopa aisee. Hufanyi majaribio! Lakini baadaye nilitafakari uhusiano wa hayo mawili, sikuuona. Nikagundua kwamba kumbe walizuia kuepusha uwezekano wa mtu kuungua, kwani figa linaweza kuwa la moto hata kama moto unaonekana umezimika.

Haridi Issa, Mmvera kutoka Lindi

LINDI

HUU MJADALA UENDELEE

Basi nanyi hapo kwenye club yenu, ibueni miiko, fanyeni mjadala, elimishaneni, endelezeni malengo mazuri waliyokuwa nayo wazee wetu, bila kudanganyana wala kutumia vitisho. Si ndio jamani?



Jipu linatisha bana!

Ee bwana eeh, kuna moja hiyo ilivuma kweli tukiwa watoto. Tena inavuma hadi leo. Eti nikaambiwa usikalie kinu, ukikalia unaota majipu. Ila baadaye niligundua kwamba wazee waliona kinu ni kifaa kinachotumika kuandaa chakula hivyo sio vizuri kukikalia.

Bernard Ngwallo aka Bwana Ishi, Mngoni kutoka Ruvuma.



RUVUMA



Hii nayo inatisha!

Nikiwa mdogo nakumbuka kusikia kwamba ni mwiko mwanamke mjamzito kukaa mlangoni. Unajua kitisho cha wahenga sasa? Eti akikaa mlangoni atajifungua kwa shida! Hapa waliwaweza watu kwelikweli! Ila sasa, baadaye niligundua kwamba inawezekana walisema hivyo kwasababu si rahisi mjamzito kuinuka haraka kumpisha mtu anayetaka kupita. Na asipopisha, mtu anaweza kujikwaa kwenye kizingiti cha mlango akamwangukia au akamwangushia kitu, ikawa tafrani! Wahenga bana!

Harriet Makulukulu, Mngoni kutoka Ruvuma



JE, NI SAWA?

NA FEMA TEAM

Hodi Ulimwenguni...

Familia ilikusanyika pembezoni mwa moto wakisubiri habari fulani. Kila mmoja alikuwa na shauku kubwa. Bibi na babu pia walisafiri kutoka mbali, walikuwa tayari kumpa mtoto jina. Kijiji kizima kilikuwa na wasiwasi. Punde, wazazi wapya walifika kutoka kituo cha afya, wakiwa na kichanga mikononi. Walipokelewa kwa nderemo na vicheko. Alikuwa ni mtoto wa kiume! Walimwita Heri.

Katika kijiji kingine, siyo cha mbali kihivyo, familia ilikuwa inasubiri habari kama hizo. Kila mmoja alikuwa na shauku. Bibi na babu zao pia walikuwa wamesafiri kutoka mbali, wapo hapo kumpa mtoto jina. Kama ilivyokuwa kwa kijiji cha kwanza, watu wote walikuwa na wasiwasi. Punde, wazazi wapya walifika kutoka kituo cha afya, wakiwa na kichanga mikononi. "Tunaweza kujaribu tena" baba mtoto alimwambia mama mtoto. Alisema hivyo kwa sababu, mtoto alikuwa wa kike. Walimwita Shida.



Hodi shule...

Heri anapiga mwayo, nje jogoo anawika. Ulikuwa ni wakati wa kwenda shule. Aliamka na kujiandaa, akiwa na hamu ya kuwaona rafiki zake na kujifunza Baiolojia na Kemia. "Nitakuwa daktari siku moja!" alijisemea akilini. Hiyo ilikuwa ni ndoto yake na alidhamiria kuitimiza. "Umechelewa tena?" rafiki yake, John alimwambia Heri alipofika shuleni. "Harakisha, tusije kukosa kipindi, wiki ijayo mitihani" Baada ya mitihani, Heri alisubiri matokeo kwa hamu. Hatimaye, yalitoka. Heri alikuwa amefaulu! Alikimbilia nyumbani kuwaambia wazazi wake. "Hongera sana Heri!" Mama yake alimwambia kwa fahari. "Unakwenda Form Five sasa!" Baba yake alisema.



Siku ya Shida ilianza mapema alfajiri. Aliwahi kuchota maji, kuosha vyombo, kupika uji kisha alijiandaa kwenda shule. Alipenda sana Book Keeping na Accounting. "Nitakuwa mhasibu siku moja!" alijisemea akilini. Hiyo ndiyo ilikuwa ndoto yake na alipambana ili aifikie. "Umechafua sketi yako" rafiki yake Neema alimwambia pindi Shida alipofika shuleni. Ilibidi arudi nyumbani na alikosa masomo. Baada ya mitihani, Shida alikuwa na hofu sana. Lakini, juhudi zake ziliza matunda. Shida alifaulu! aliwahi nyumbani kuwaambia wazazi wake. "Hongera Shida!" Mama yake alisema. "Hata hivyo hutaendelea na shule. Inabidi uolewe" Baba yake alisema.



**cheza
salama**



Hodi ndoa...

Heri alitimiza ndoto yake ya kuwa daktari, alipoona amekua vya kutosha, alifunga ndoa na msichana aliyekutana naye chuoni. "Unaona uzuri wa dada zako kuolewa mapema? Baba yake alimuuliza katika mkesha wa harusi yake. "Maana tumetumia mahari zao kulipa ya kwako".



Shida aliolewa mara baada tu ya kukatishwa kuendelea na shule na alifungua genge la kuuza mboga na matunda. Alipata watoto wawili, wa kike na wa kiume, aliapa kuwapa fursa sawa. "Unaona uzuri wa kuolewa mapema?" Mama yake alimuuliza alipomtembelea nyumbani kwake. "Sasa umekuwa mwanamke kamili"



TIRIRIKA

Je, mwanaume na mwanamke wana tofauti gani?



**LAYLA ABDALLAH, 14
ZINGA SECONDARY SCHOOL**

Mwanaume ana uume na mwanamke ana uke. Pia, mwanaume ana sauti nzito na mwanamke ana sauti laini.



**DAVID PETER MAGIGITA, 16
KIROMO SECONDARY SCHOOL**

Tofauti zao ni jinsia, mavazi, wakati wa kubalehe na maumbile, mfano, uwepo wa matiti kwa wanawake.



**SHEDRACK M CHEMKA, 17
KIROMO SECONDARY SCHOOL**

Utofauti ni jinsia na tabia tu. Hata hivyo, kila mtu ana haki kama ya mwenzake kama kuishi, kula, kulala, kupata mavazi na makazi.



Kwaheri desturi za kizamani. Karibu desturi mpya.....

Kuna baadhi ya jamii zinaamini kuwa watoto wa kiume ni bora kuliko wa kike. Kwamba wa kiume atakuwa mzalishaji na atawatunza wazazi wake watakapozeeka. Wa kiume anazaliwa kiongozi, wa kike atapoteza jina la ukoo. Katika jamii kama hizo, mtoto wa kike akizaliwa, hawamfurahii. Swali langu, **je, hii ni sawa?**

Wasichana wanatakiwa kucheza na wasichana wenzao na michezo yao inahusisha kupikapika, kulea na kutunza nyumba. Wavulana wanacheza na wavulana wenzao na michezo yao mara nyingi huwa ya nguvu kama mpira wa miguu, kukwea miti na hata kupigana. **Je, hii ni sawa?**

Kuna jamii zinazoamini elimu ni kwa ajili ya watoto wa kiume tu kwa sababu ndiyo vichwa vya familia. Watoto wa kike wanatakiwa kubaki nyumbani kuwasaidia kazi wazazi na kusubiri ndoa. Kuwasomesha ni kupoteza pesa. **Je, hii ni sawa?**

Wasichana wanalindwa zaidi kuliko wavulana, kwani wavulana hawawezi kukumbwa na hatari? Wote wanastahili malezi na ulinzi sahihi. Usawa uwepo. Wasichana wanafunzwa kazi za nyumbani, wavulana wanafunzwa kazi za uzalishaji mali. **Hii ni sawa?**

Wasichana wanalazimishwa kuolewa katika umri mdogo. Baadhi wanaozwa kupata mahari ili kaka zao waoe. Zaidi ya hapo, mamuzi kuhusu rasilimali, idadi ya watoto na mengineyo yanafanywa na waume zao. **Hii ni sawa?**



SASA, HII NI SAWA?

Kuna mila na desturi zenye ubaguzi wa kijinsia. Ubaguzi unaopelekea ukatili. Vyote vinapelekea ukiukwaji wa haki za binadamu na madhara yake huwa ni makubwa. Moja ya athari zinazotuumiza sote ni umasikini. Tutaendelea vipi kama tunagawa majukumu na kugegemeza nguvukazi yote upande mmoja? Nimeuliza maswali mengi sana. Sasa naomba niwasilishe hoja yangu. Kama vijana, ni muhimu kuzijua na kudumisha tamaduni zetu, ila tudumishe zile tu zisizo za kibaguzi na zisizokuwa na madhara. Na lazima turithishe hilo kwa kizazi kinachofuata. Tupo pamoja?

CHUKUA

HATUA

Jigaweni katika makundi ya watu kumi kumi. Kisha andikeni ratiba ya kile wanachofanya wasichana tokea wanapoamka mpaka wanapokwenda kulala. Fanyeni hivyo kwa wavulana pia. Kaeni na mjadili tofauti zitakazijitokeza. Mnafikiria nini? Ni sawa?

KUMBUKA

Mila zinazobagua jinsi zinatunyima faida ya kufanikiwa kwa sababu wanaotengwa wanawekwa kando pamoja na vipawa vyao ambavyo vingechangia maendeleo ya wote.

IS IT RIGHT?

BY FEMA TEAM

Hello World...

The family gathered around the fire and awaited any news. Everyone was excited. Grandmother and grandfather had travelled from afar and were there to give the baby a name. The whole village was anxious. Soon, the new parents arrived from the health centre, a baby in their arms. They were greeted by cheer and laughter. It was a boy! They named the baby Heri.

In another village not too far away, another family awaited the same news. Everyone was excited. Their grandparents had also travelled from afar and were there to give the baby a name. The whole village was anxious. Soon, the new parents arrived from the health centre, a baby in their arms. We can try again, the father told the mother. He had said this because it was a girl. They named the baby Shida.

Hello School...

Heri yawned as the cock crowed. It was time for school. He arose and readied himself, eager to see his friends and learn more about Biology and Chemistry. 'I'm going to be a doctor one day!' he thought to himself. That had always been his dream, and he was determined to achieve it! 'You're late again!' his friend John said when Heri got to school. Hurry up, we can't miss class, exams are next week. After the exams, Heri anxiously awaited his results. Finally, they came! Heri had passed! He ran home to tell his parents! "Well done Heri!" His mother said proudly. "You're going to high school!" His father said!

Shida's day begun at the crack of dawn. She hurriedly fetched the water, washed the dishes and made porridge, then got ready for school. She loved Bookkeeping and Accounting. 'I'm going be an Accountant one day!' she thought to herself. That was her dream and she worked hard towards it. 'You've unfortunately spoilt your skirt,' her friend Neema said when Shida got to school. Shida went back home and missed her class. After the exams, Shida was worried. But her hard work paid off. Shida had passed! So, she ran home to tell her parents! "Congratulations Shida!" Her mother said. "However, you're not proceeding with school. You're getting married." Her father announced.

Hello Marriage...

Heri became the doctor he had wanted to be, and once he felt old enough, married a girl he met at college. "You see how great it was that your sisters got married early? His father told him the eve of his wedding. "Now we can use their bride price to pay yours."

Shida got married soon after she dropped out of school and opened a small store that sold vegetables and fruits. She soon had a son and daughter of her own, and vowed to always ensure that they both get equal opportunities. "You see how great it was that you got married early?" Her mother told her one day when she visited. "Now you're the woman society expects you to be."

Goodbye old traditions. Hello new traditions...

There are societies which believe that boys are better than girls. That a boy will produce and take care of his parents once they are old. A boy is born a leader, a girl will lose the clan's name. in such societies when a girl is born, they don't celebrate. **My question is, is this right?**

Girls were encouraged to play with other girls and their games centered around cooking, grooming and housekeeping. Boys play with other boys and their games involved a lot of energy like football and climbing trees even fighting. **Is this right?**

There are societies that believe education is only for boys because they take care of the family. Girls should remain at home to help parents and wait for marriage. Taking them to school is wastage of money. **Is this right?**

More security is put on girls than boys, can't boys get in danger? They both deserve proper formation and security. Equally. Girls are taught house work while boys are taught production work. **Is this right?**

Girls are forced to marry and at young age. Some get married just to acquire dowry that will be used by their brothers to marry. Additionally, decisions about resources, number of kids and others are for the husband. **Is this right?**

SO, IS IT RIGHT?

There are traditions and customs that are gender discriminative.

This discrimination later lead to cruelty. Both lead to abuse of human rights with a large impact. One factor that hurts us all is poverty. How will we develop if we divide responsibilities and all productive energy lies on one side? I've asked enough questions. May I now present my notion. As youth we should know and uphold our traditions but only the non-discriminative ones. And we shall pass that to the next generation. Are we on the same side?



PUMBA NA MCHELE

NA POWER TEAMS

Unajua mzuka wa mazungumzo ya ufukweni wewe? Eeh ufukwe, iwe wa bahari au ziwa. Basi siku moja tukasema twenzetu tukapunge upepo katika moja ya fukwe maarufu za Dar es Salaam, panaitwa Coco Beach, tukawa tunakula mihogo na mishkaki. Ukitamani shauri yako. Sasa, kituko kikatoka. Ilikuwa hivi, tulipohitajika kulipa bill yetu, mtoa huduma alimvuka Mary na alimpelekea mvulana, yes, alikuwa ni Hindoo. Kumbe, pesa ilikuwa kwa Mary, so Hindoo akamsogezea, Mary akalipa.

Issa: Hahaha! Si kaona binti, jamii imeshajenga mitazamo kwamba jinsi ya kiume ndiyo yenye jukumu la kulipa, wa kike atabebwa tu.

Mary: Yeah! ndo maana kuna watu wakiona msichana au mwanamke amefanikiwa wanaanza kujiuliza, anatoka na nani siku hizi? Utaadhani wanawake hatuwezi kupambana vile.

Issa: Kibaya zaidi kuna wanawake nao wanakumbatia hayo mambo. Na hao ndo wanasaidia hii mitazamo kuendelea.

Hindoo: Ni mambo ya kishamba tu, hii ni karne ya 21, mambo yamebadilika.

Geoffrey: Changamoto ni kwamba, tumezaliwa tumeyakuta, ni kama sehemu ya mitazamo ya tamaduni zetu.

Mary: Kweli kabisa. Nakumbuka shule ukiwa umechoka mtu anakwambia, we pumzika tu si unasomewa?

Issa: Kwamba utaolewa? So, unasomewa na mumeo wa baadaye?

Mary: Hivyo hivyo! Ha haa!

Geoffrey: Tucheke tu kama kibwagizo, lakini mizizi ya hili jambo iko kwenye tamaduni, ndo maana kuna jamii mtoto wa kike hasomeshwi.

Hindoo: Umenikumbusha. Jana nimesoma kwenye gazeti eti kuna mzazi alikuwa anamlazimisha mwanawe aolewe. Mtoto amefaulu kwenda kidato cha tano anaambiwa aolewe.

Mary: Duh!

Hindoo: Eeeh, sasa binti akaona hii noma, akaripoti dawati la jinsia.

Issa: Wazazi wengine bwana, yaani wanataka kuharibu ndoto za mtoto wao hivi hivi!

Geoffrey: Ndo athari za mila potofu hizo.

Issa: Sio mila potofu, ni mila zenye madhara kutokana na athari zake.

Geoffrey: Asante Issa, kula tano!

Hindoo: Inasikitisha sana. Nimewahi kusoma sehemu kwamba kwenye jamii fulani mabinti huozelewa chini ya umri ili kaka zao wapate mahari za kuolea.

Mary: Yaani inakuwa kama biashara fulani hivi.

Issa: Umeonaee? Hii desturi ni ya kuondoa kabisa. Inaumiza.

Hindoo: Tatizo ni kubwa maana kuna mambo mawili hapo; ni ndoa katika umri mdogo halafu ya kulazimishwa na anaenda kuwa mama.

Mary: Na si unajua pia kwamba hilo ni tatizo linaloleta athari kibao? Yaani unaambiwa kiafya umri huo ni hatari kubeba mimba, kimaendeleo binti anakosa haki yake ya kupata elimu na kufukuzia malengo.

Hindoo: Hebu fikiria.

Mary: Ukiacha ndoa za utotoni zipo mila nyingi zinazokinzana na haki za watoto na wanawake.

Geoffrey: Nyingi, mi naumizwa na ukeketaji jamani!

Hindoo: Dah! hiyo ni balaa sana.

Issa: Kunahitajika juhudi kubwa sana kubadili fikra za watu na kuwafumbua macho juu ya athari nyingi za ukeketaji.

Hindoo: Tatizo ni kwamba wanaamini ukeketaji ni njia ya kumfanya mwanamke kuwa mwaminifu kwa mumewe.

Geoffrey: Mmh, mimi nadhani uaminifu ni jambo la kitabia.

Issa: Aisee hapo wanachofanya ni kumpa maumivu ya kimwili na kisaikolojia.

Geoffrey: Sio hivyo tu, kuna watu wanakufa kwa kupoteza damu nyingi baada ya kukeketwa. Na wakati wa kujifungua wanateseka sana.

Mary: Ila leo tunaongea misala mirefuu! Hivi tulianza wapi tukafika hapa, maana hadi mwili unanisisimka.

Geoffrey: Ha ha haaa we Mary kama mwili unakusisimka na haujafanyiwa hiyo mila fikiria waliofanyiwa inakuwaje.

Mary: Inatisha. Hata kama tunataka kudumisha mila zetu, mambo kama haya siyo kabisa.

Hindoo: Hivi mambo ya kurithi wake bado yapo?

Geoffrey: Acheni uongo, hiyo nayo ipo? Binadamu anarithiwa kama mali?

Issa: Kuna hiyo ya kurithi wake na ile wanayoiita kutakasa.

Mary: Hiyo ndo inakuwaje?

Issa: Baadhi ya jamii wanaamini kuwa mwanamke aliyefiwa na mumewe ana mkosi. Ili kuondoa mkosi huo inabidi atakaswe.

Mary: Mtoni, au?

Issa: Mtoni? Hahaha! Nacheka kama mazuri vile. Kunakuwa kuna mtu/watu maalum ambao wana kazi hiyo ya kutakasa wajane kwa kufanya nao ngono. Wanaamini baada ya tendo hilo anakuwa msafi.

Hindoo: Ndo maana tunasema ni mila ya ajabu, ni hatarishi sana.

Geoffrey: Ina maana hapo kuna hatari ya kusambaa kwa magonjwa ya ngono.

Issa: Hilo moja. Pili ni ukandamizaji haki na utu wa huyu mwanamke.

Mary: Sana, kuanzia tu kuaminika kuwa ana mkosi au nuksi ni kukandamizwa, bado kuna kutakiwa kushiriki ngono na mtu asiye mridhia wala kujua afya yake. Loh!

Geoffrey: Jumlisha yupo kwenye majonzi ya kufiwa na mumewe.

Hindoo: Tena unaambatana na unyanasaji wa kingono na kihisia.



Issa: Daah! Tunatakiwa tubaki na tamaduni chanya tu, tucheze ngoma, tule vyakula vya asili na mambo kama hayo, haya mengine majanga.

Mary: Mimi naamini inawezekana kuzipiga vita. Japokuwa pia, kuna mila hatarishi ambazo zimepungua au kufutika, mfano zile za kuangamiza watoto mapacha au wenye ulemavu.

Hindoo: Mimi kuna hizi mila za chini chini zinanichukiza sana, mfano suala la kutowapa wanawake fursa na nafasi sawa na wanaume kwenye jamii. Unakuta baadhi ya jamii mwanamke haruhusiwi hata kuzungumza kwenye vikao.

Geoffrey: Hapooo! Halafu na yale mambo ya mwanawake hana haki ya kumiliki mali na mirathi.

Issa: Natamani tufike hatua kusiwe na kesi hata moja, hizi habari za mume kampiga mke ziishe kabisa.

Mary: Umenikumbusha. Kuna desturi zinazoruhusu waume kuwapiga wake zao....Niliwahi kusikia eti kuna jamii zimebobeza kwenye mila hizo kiasi kwamba inaaminika kuwa mume asipompiga mkewe basi hampendi, si hatari hiyo?

Issa: Kweli. Ila mabadiliko inabidi yaanzie kwenye fikra.

Mary: Na kinachofanya mambo kama hayo yawepo ni kukosekana kwa taarifa sahihi. Kama tunataka kukomesha mila zenye madhara tuanzie kwenye kujenga ueleva na maarifa.

Hindoo: Kabisa, tusambaze mazuri kuhusu tamaduni zetu ili tujivunie na tuoneshe yapi ya kuondoa. Maana desturi kama hizo zinachafua sifa za tamaduni zetu.

Geoffrey: Yes, tuondoe pumba, tubaki na mchele.

Maongezi yalikuwa marefu sana. Baada ya muda tukatawanyika huku tukiwa na makubaliano kufanya kila tunachoweza kuondoa mila na desturi hatarishi. Tulikubaliana ni jukumu la kila mmoja, sisi na wewe pia. Hebu jaribu kufanya kitu kuanzia hapo ulipo kama kuna haya masuala.



SANAA, UTAMADUNI NA MSHIKO

NA SUMAIYA KARIM

Mwenda bure si mkaa bure, walisema wahenga, au sio? Juzi kati nikiwa nimechoka baada ya mbinde na mbiombio za chuo, nikasema wacha ninyooshe miguu. Nikajikuta nimepiga mwendo wa maana nikaibukia Mwenge. Kufika pale Mpakani nikasema leo wacha niwachungulie hawa ambao huwa nawaona wakifanya kazi za sanaa, huenda nikajifunza jambo. Na hivyo ndivyo ilivyokuwa. Nilijionea kwa macho yangu namna wanavyochonga vitu mbalimbali kama vinyago vya watu na wanyama kutokana na mti wa mpingo. Wengi waliokuwa wakifanya kazi hiyo ni watu ambao umri wao umeenda kidogo ila duh! Kumbe wote walianza kuifanya kazi hii wakiwa na umri wa miaka 16 na 17. Inashangaza sio! Tangu enzi hizo imekuwa ikiwapatia kipato. Nilikutana na watu wengi, wa rika na jinsi tofauti, lakini kazi za watatu miongoni mwao zilinifanya nitafakari mitazamo ambayo tunatembea nayo, kwamba ukifanya kitu kinachohusiana na utamaduni basi we mshamba. Unadhani kwamba mila na desturi zetu hazina ishuhariishi yoyote sio? Nani kakwambia!? Watu wanatengeneza mapene ohoooo!

UKISHANGAA SHANGA...

Wa kwanza ni Harriet Mlay. Yeye nilimkuta kazungukwa na shanga. Alikuwa busy anatengeneza bangili ya shanga za rangi tofauti tofauti. Ni mtaalamu kweli kweli. Akanambia alivutiwa kujifunza hii sanaa baada ya kuwa amepata kazi ya kuuza duka la vitu mbalimbali kama vyombo vya chakula, vikapu, shanga na vinyago vilivyotengenezwa kutokana na utamaduni wetu wa Kitanzania. Hivyo vilikuwa ni vitu ambavyo hakuvitengeneza yeye, akatamani aende level nyingine atengeneze mwenyewe, "Nilimwomba mama mmoja wa duka la pembeni anifundishe, akanifundisha bila malipo yoyote lakini huwa nikiuza bidhaa niliyotengeneza nampelekea pesa yoyote kama shukrani. Baada ya kuanza kuuza bidhaa ninazotengeneza nikaona faida, nikaongeza bidii ili nijue vitu vingi zaidi vya shanga, sasa ninajua baadhi lakini nitajua vingi zaidi, kwasababu ninapenda na pia kwasababu ni njia nzuri ya kutengeneza kipato. Sasa hivi ninajifunza jinsi ya kutengeneza table mats za shanga.

Utamaduni wa shanga umekuwepo kwa miaka mingi katika makabila mengi ya Tanzania. Shanga zinaweza kutumika kwa mtu kuzivaa kama urembo, au zikanogesha kitu anachovaa mtu, kama vile viatu na nguo. Lakini pia katika miaka ya karibuni tunaona jinsi shanga zinavyotumika kuremba vitu mbalimbali, hata kadi za mialiko, kalamu, mikanda, daftari, yaani ushindwe wewe tu. Ubunifu asilimia zote.

Unafahamu kwamba miaka mamia na mamia iliyopita wazee wetu walitengeneza shanga kwa kutumia vitu mbalimbali kama vile miti, madini, mifupa ya wanyama, udongo, mbegu na hata pembe za wanyama? Shanga hizi tunazoziona kwa wingi sasa hivi ni sehemu ya mwingiliano wa utamaduni wa mabara mawili, yaani Asia na Afrika ambapo wazee wetu walipewa shanga kutoka Asia kwa kubadilishana na dhahabu, pembe za ndovu na watumwa. Kumbe shanga ziko kwenye biashara long time sana, ingawa hapo kipengele cha utumwa kinatia doa. Ni stori ndefu, wala haitoshi humu. Turudi kwa Harriet mwenyewe. Katika stori stori akanambia anafurahia kazi yake, kwa kuuza alivyotengeneza yeye na walivyotengeneza watu wengine, lakini pia anafurahi kutengeneza kipato huku akiwapa watu nafasi ya kufurahia culture, a.k.a kacha. Unaona sasa? Hii ndio kuua ndege wengi kwa jiwe moja.





MAPICHAPICHA

Basi bhana, nikaachana na watengenezaji vinyago nikaendelea kujionea fahari za bidhaa zitokanazo na utamaduni wetu. Hapo nikakutana na mtu wangu wa pili, kijana Abubakar mwenye miaka 23. Yeye ni mchoraji wa picha zinazowakilisha utamaduni wetu. Kwa vile picha zilinihutia nikaona sio mbaya kupiga nae stori mbili tatu. Tangu akiwa mdogo, Abubakar alipenda sana kuchora. Akiwa na miaka 20 aliamua kwenda kujifunza kwa wachoraji katika chama kilichopo Mwenge Mpakani, japo haikuwa rahisi, ilihitaji hamasa na jitihada. Sasa amefanikiwa kuchora na kuuza picha nyingi anapiga mkwanja, anaendesha maisha yake. Anashirikiana na Suleiman Amour, ambaye ni mmoja wa wachoraji waliomfundisha. Suleiman naye alijifunza kwa rafiki yake, baadae akajiunga na Chuo cha Sanaa Zanzibar, akaongeza ujuzi, akawa mchoraji mzuri zaidi. Wateja wengi wa kazi zao ni wamiliki wa maduka japo wanapata wateja wa moja kwa moja lakini sio wengi sana. "Baada ya kuchora picha huwa ninaweka sign yangu, ni kama alama ya kunitambulisha kwa wateja. Kukodi duka la kuweka bidhaa zangu ni gharama kubwa ambayo siwezi kwa sasa, nataka niwe napiga picha bidhaa na kutuma mitandaoni, nina imani nitapata wateja kupitia njia hii na kujiongezea kipato kuliko nikiwa nauwauzia wamiliki wa maduka. Ninaona siku hizi watu wengi wamehamia mtandaoni. Ninataka kujaribu," maneno ya Abubakar hayo. Ili kujiunga na chama chao, inabidi ulipe kiasi cha shillingi elfu sabini kama kiingilio na baadae utakuwa unalipa shillingi elfu ishirini kila mwezi. Hapo utaweza kufundishwa kuchora hadi ujue na ukitaka kubaki hapo baada ya kujifunza ili uchore kazi zako unaweza ukaendelea.

TIRIRIKA

Mara paap, umepata elfu hamsini, unataka kufanya biashara ya vitu vya kitamaduni. Utafanya biashara gani na kwanini?



**REBECA ERASTO, 16,
ZINGA SECONDARY SCHOOL**

Nitafanya biashara ya kukodisha ngoma kwa kuwa Wazaramo wanapenda shughuli na wengi wao wanazikosa wanapozihitaji.



**HUSNA A. FURAHISHA, 17
ZINGA SECONDARY SCHOOL**

Nitafungua mgahawa wa kuuza vyakula vyenye asili ya Pwani kama ugali, samaki, mihogo, togwa na mchuzi wa pweza.



**THOBIAS ESSAU KIZINGA, 15
ZINGA SECONDARY SCHOOL**

Nitafanya biashara ya kuuza vifaa vya utamadauni kama ngoma, filimbi, manyanga na debe kwa sababu nitakuwa nakumbushia utamaduni wetu Waafrika ili tusiupoteze.



KUCHONGA NI MCHONGO

Wa tatu anaitwa Nato Joachim, 32. Nilimkuta pembeni kidogo akifanya yake kwa ustadi mkubwa akiwa kashikilia kinyago cha kifar. Katika kupiga stori huku na kule eeh bwana eeh si nikagundua alianza kujifunza akiwa na miaka 21, hakuona shida kuanza kujifunza akiwa na miaka 21 eti kwa kuhofia kwamba amechelewa, la hasha. Yeye hakwenda katika nyumba za sanaa kujifunza, alijifunza kwa kuangalia kutoka kwa wazee waliopo hapo hapo Mwenge Mpakani, kumbe pale wana chama chao, taratibu za kujiunga ni lazima kwanza uwe mmoja wao, uchonge vinyago. Wazee wale kumbe nao walijifunza kutoka kwa mababu zao kwa njia ya kuangalia. Inashangaza eeh? Mtu anawezaje kujifunza ujuzi huo kwa kuangalia? Yaani eti uangalie tu namna simba anavyochongwa kutoka kwenye mti! Hata mimi nilishangaa!

“Kujifunza sio rahisi, lakini inawezekana” anasema Nato, “mimi nilikuwa na nia, nilianza taratibu, sasa nshakuwa mjanja. Nilianza kwa kumaliza walivyovifanya wengine; kupiga msasa, kukwangua halafu nikaanza kuchonga, hadi sasa.”

Wateja wakubwa wa Nato ni wamiliki wa maduka yaliyopo Mpakani, wanachukua na kuwauzia wateja mbalimbali. Nato yuko katika mchakato wa kununua smartphone ili aweze kutangaza bidhaa zake mwenyewe kwani itamuongezea wateja na pesa endapo atawauzia wateja moja kwa moja na sio kupitia wamiliki wa maduka. Vinyago vya mpingo ni maarufu sana lakini vipo pia vya miti mingine, na vyote vinawakilisha utamaduni wa mtanzania. Mara nyingi wateja wa kazi za sanaa hupenda kununua kitu ambacho kina kajistori fulani nyuma yake.



VYUO PIA VIPO

Kuna Taasisi ya Sanaa na Utamaduni Bagamoyo na Chuo cha Sanaa Zanzibar ambapo unaweza kwenda kujifunza namna ya kutengeneza vitu mbalimbali na ujuzi mbalimbali unaoweza kukusaidia uanzishe biashara ya kazi za sanaa.

Siku yangu iliisha vizuri sana. Nikagundua kwamba pamoja na fahari tunayoipata kutokana na mila na desturi zetu, fursa mbalimbali za kiuchumi zimejificha humo.

CHUKUA

HATUA

Kwenye kikao cha Club orodhesha shughuli za kiuchumi zenye vionjo vya utamaduni ambazo mnaziona katika jamii yenu. Jadili ni kwa namna gani zinaweza kuwasaidia.



KUMBUKA

Lugha zetu pia ni sehemu ya utamaduni! Unaweza kuzitumia kutengeneza pesa kwa kuandika vitabu, nyimbo, mashairi na vingine vingi. Mistari ya nyimbo, script za filamu na michezo ya kuigiza, zote ni mazao ya lugha!

ART, CULTURE AND MONEY.

BY SUMAIYA KARIM

Wandering around isn't always a waste of time, or so the 'elders' said. Recently, I was tired from the university hustles and decided to take a walk. Step by step, I found myself at Mwenge. On reaching the Mpakani suburb decided to stop and see the people who engage in art crafts, hoping to learn something from them, and that's exactly what happened. I saw how they carved various sculptures, figures of people and animals from ebony tree. I learned that most of them have been doing this since they were 16 and 17 and that it has been earning them an income ever since. I met a lot of people, of all ages and gender, but three of them impressed me more; they made me think about the notion among us that if you do a job related to culture you're considered outdated. Who told you our traditions and customs are not important? People are making money!

THE BEADS SURPRISES

The first person I talked to was Harriet Mlay. She was in the middle of beads, busy making bracelets of various colors. She is sooo good at what she does. She told me she got interested in this art while she was working in a shop that sold utensils, baskets, beads and wooden carvings inspired by Tanzanian culture. Those were things she didn't make, but then she decided she wanted to learn how to make such products herself. "I asked a woman next shop to teach me and she did, for free. She didn't charge me, so I make it a point every time I sell a product I have made, I give her some amount of money as gratitude. After I started selling my own products I made a profit, so I put more effort into learning more especially beads work. Now I know how to make some, but I am sure I will know how to make a lot more, it's a very good way to get an income. Right now, I'm learning how to make beads table mats.

The culture around beads has existed for long among Tanzanian tribes. Beads are used as decoration on attires and accessories but recently we see how they are used to decorate various things from invitation cards, pens, belts, books you name it. Creativity at its best!

Did you know that hundreds of years ago our elders made beads from various things such as trees, minerals, bones, soil, seeds and horns? The beads we see today are a result of interaction between Asia and Africa where our elders were given beads from Asia in exchange for gold, ivory and slaves. So, beads have been in business for a long time, although the slavery stains it. It's a long story, it won't fit here.

Back to Harriet. She told me she enjoys her work, happy to sell what she makes herself and what's made by others. She is also happy that her income comes from making people enjoy the products of culture a.k.a *kacha*. This is killing two birds with one stone.

A PAINTER'S PAINT WORLD

I left the sculptors and went to see other products inspired by our culture. There I met the second person, Abubakar, 23 years. He is a painter. His work represents our culture. His paintings were inviting and enticed me to start a talk with him. Abubakar wasn't born a painter but he loved drawing. At 20, he went to learn from painters' organization at Mwenge Mpakani. Though it wasn't easy, it required motivation and determination. Now he has drawn and sold a lot of paintings, he makes money and leads a decent life. He works with Suleiman Amor, one of the people who taught him the trade. Suleiman learned from his friend then joined the Zanzibar School of Arts and became a better artist. Most of their customers are shop owners though they also get few direct customers. "After painting a picture, I put my signature, it's a way of introducing myself to customers. Renting a shop for my products is a big expense for now, I want to photograph my paintings and share them online, I believe I will make new customers and increase my income. I see a lot of people have moved online, I too want to try," says Abubakar. To join their organization, you have to pay Tsh70,000/= enrollment fee and a monthly fee of Tsh20,000/=. There you'll learn how to paint and if you want, you can stay and work from there.

CARVING WITH A MONEY DEAL.

The third was Nato Joachim, 32. I found him skillfully working on a Rhino sculpture. He told me he learned the art of sculpture he was 21 years old. It didn't bother him that he waited till he was 21 as others would feel it's late to start at that age. He did not go to a house of crafts to learn. He learned from the elders who were at Mwenge Mpakani. They have their own organization, and one among the criteria is that you should be among them, carving sculptures. They too learned from their elders. Surprising? How can one learn such a skill by just observing? You just sit there and watch someone carving a lion shape from a tree and you master it? I was surprised too.

"It isn't easy, but possible", says Nato. "I was determined, I started slowly and now I'm good. I started by finishing what others had started and now I'm carving my own". Nato's customers are shop owners at Mpakani who resale his work to various customers. He wants to buy a smartphone so he can advertise his business on social media to increase his income by selling directly to customers and not through agents. Mpingo sculptures are very famous but there are others from other trees, they all represent Tanzanian's culture. Most customers of crafts like to buy something that has a particular story behind it.

Also, there are colleges.

There are colleges of Art in Bagamoyo and Zanzibar, where you can learn how to make various things and learn different skills that will help you to start your own art business.

My day was well spent, I learned that apart from the pride we get from our traditions and customs, there are also economic opportunities hidden in them.



Historia ya Kiswahili

NA TUNU YONGOLO

Mwalimu: Haya! Tulieni tulieni! Mlichokisoma kwenye ukurasa wa News Bulletin katika toleo hili la jarida la Fema kimewafurahisha ehhe?

Serikali imetangaza kuwa somo la Historia ya Tanzania litaanza kufundishwa kwenye shule mbalimbali.

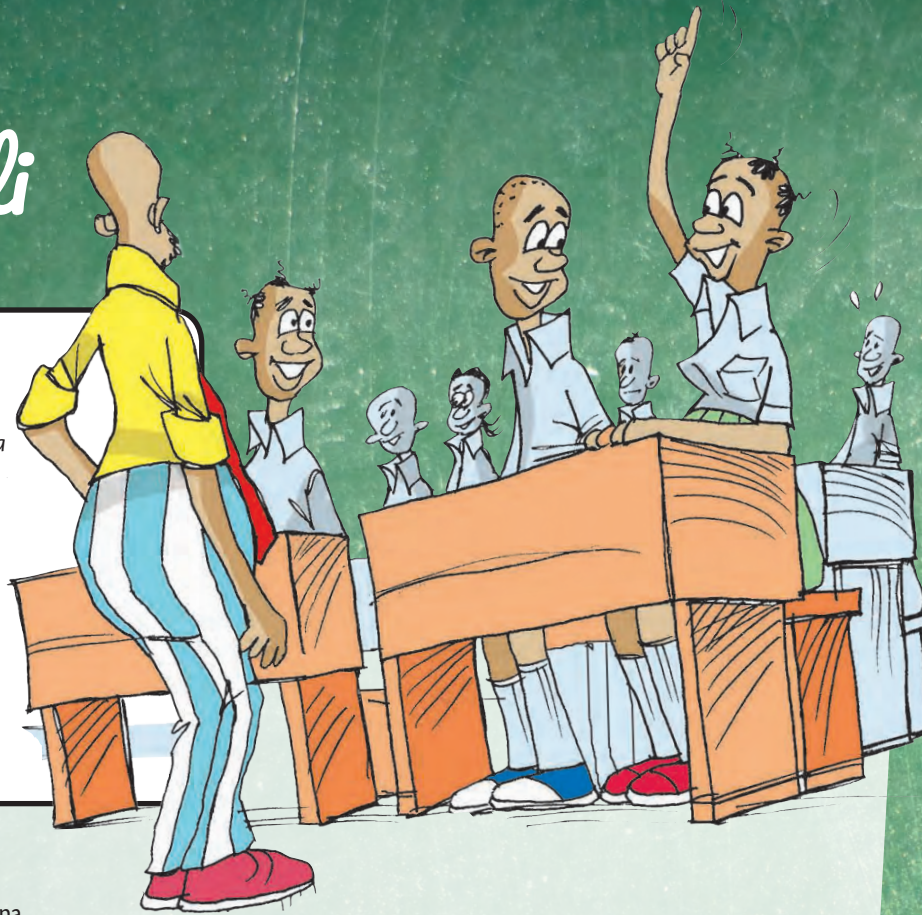
Mwalimu: Sasa basi, ili kujiandaa na somo hilo, leo natoa kipaumbele kwa wanafunzi wawili tu, kuuliza maswali yanayowashangaza. Swali liwe kuhusu historia, hasa katika nchi yetu ya Tanzania.

Mwalimu: Haya nani mwenye swali?

Mwalimu: Yusra, haya uliza swali lako.

Yusra: Asante Mwalimu. Ningependa kujua historia ya lugha ya Kiswahili...

Mwalimu: Yusra, swali lako ni zuri sana.



Historia ya Kiswahili

Historia ya Kiswahili inaanzia takriban miaka 1,000 iliyopita na neno **Swahili** linamaanisha "yote yanayohusiana na watu au utamaduni wa eneo la pwani."

Watafiti waliojikita kuitafuta na kuiandika historia ya lugha ya Kiswahili wako wengi. Na walivyokutana navyo ni vingi. Kuna wanaoamini kwamba Kiswahili kimetokana na Kiarabu, kwamba kina maneno yenye asili ya Kiarabu kati ya 30-40%, lakini pia wapo wanaosema Kiswahili ni Kibantu kwa kuwa muundo wa sentensi na mnyambuliko wa vitenzi uko sawa kabisa na lugha za Kibantu.

Kwa mfano ukisema kwa Kiswahili "mama anakunywa maji" muundo wa sentensi hii unafanana kabisa na huu wa kwenye lugha za Kibantu: amama wananywa mashi, kaya akunywa malenga. Na kwenye mnyambuliko wa vitenzi ukisema kuseka, kusekeshwa, kusekelela, kusekana kwa Kiswahili ni kucheka, kuchekesha, kuchekelela.

Lakini pia, katika yote hayo, ni kweli kusema kwamba yapo maneno ya Kiswahili ambayo yametokana na lugha nyingine za nje kutokana na mapokeo ya ukoloni au mwingiliano wa biashara. Maneno shule na shati kwa mfano, yalitoholewa kutoka maneno schule (Kijerumani) na shirt (Kiingereza). Yapo mengi. Siku moja tutafanya zoezi la kuyatafuta, tuyaandike na kuyabandika ukutani, au sio wanangu?

Wanafunzi: Ndiyo mwalimuuu!

Mwalimu: Sawa. Basi tukiangalie Kiswahili kama lugha ya biashara. Kiswahili kilitumika kama lugha ya biashara baina ya watu wa pwani na bara katika ukanda mrefu sana kutoka Somalia hadi Msumbiji. Wafanyabiashara Waswahili waliendeleza biashara ya misafara hadi Kongo. Lakini katika maeneo fulani biashara hii ilijenga pia kizuizi. Watu kama Waganda walikiona Kiswahili ni lugha ya biashara ya watumwa; hivyo hadi leo ni wagumu kukikubali.

Kiswahili wakati wa ukoloni

Utawala wa kikoloni ulirahisisha mawasiliano kati ya wenyeji. Reli zilijengwa na wafanyakazi kutoka makabila mbalimbali walishirikiana. Waafrika walilazimishwa kulipa kodi kwa wakoloni, hivyo walitafuta kazi ya ajira katika maeneo mbali na nyumbani. Katika mashamba makubwa ya mazao ya biashara na migodi ya Kongo watu wa makabila mengi walichanganyikana wakikitumia Kiswahili kati yao. Kwa namna hiyo lugha hii ilienea zaidi.

Kiswahili leo

Nchini Tanzania, Kiswahili ni lugha rasmi ya Serikali na Taifa. Shule za msingi hufundisha kwa Kiswahili lakini shule za sekondari na vyuo bado zinaendelea kufundisha kwa Kiingereza. Kumekuwa na mjadala mkubwa juu ya matumizi ya Kiswahili kama lugha ya kufundishia katika shule za sekondari na hata vyuo, lakini mjadala huo haujafika mwisho.

Nchini Kenya Kiswahili ni lugha ya Taifa lakini wanaendelea kutumia Kiingereza katika shughuli za Serikali. Uganda inatumia Kiswahili kama lugha ya polisi na jeshi, hali ambayo haikuongeza upendo wa Waganda kwa lugha kutokana na historia ya Uganda ya kuwa na vita na serikali zinazoongozwa na wanajeshi. Lakini kinasikika pia kama lugha ya biashara masokoni. Hivi karibuni Kiswahili kimefanywa kuwa moja ya lugha rasmi za Jumuiya ya Afrika Mashariki (EAC) na Jumuiya ya Maendeleo Kusini mwa Afrika (SADC). Nchi nyingi wanachama wa Jumuiya hizi zimekiongeza Kiswahili kama somo shuleni. Kinakua.

Historia ya Fedha Tanzania

NA TUNU YONGOLO

Nianze kwa kuwasimulia maisha yalivyokuwa kabla ya pesa. Nyinyi nyote mlikuwa hamjazaliwa. Hata mimi nilikuwa sijazaliwa. Zamani, kabla ya fedha kugunduliwa, watu walifanya biashara kwa kubadilishana bidhaa kwa bidhaa. Katika vijiji, watu walitunza kumbukumbu za nani kalipa deni, nani anadaiwa. Lakini kadri vijiji vilivyokua na kutanuka, zoezi hili likawa si rahisi sana. Na kadri watu walivyozalisha bidhaa kwa ajili ya watu wengine, viongozi wakaanza kutoza kodi, na baadaye ikawa vigumu kutunza hesabu za nani kalipa, nani anadaiwa. Tatizo jingine la kubadilishana bidhaa kwa bidhaa ni kujua nani atahitaji kitu gani. Hebu fikiria, kwa mfano, kama Rehema angekuwa na ndizi lakini anahitaji viatu; haikuwa rahisi kwake kupata mtu ambaye ana viatu lakini anahitaji ndizi! Mnaona hiyo changamoto? Sasa basi, taratibu taratibu, vitu vya thamani vikaanza kutumika kama pesa, na mwisho wa siku, pesa ikabuniwa. Haya, twende sasa kwenye pesa za Kitanzania!

Mwanzoni kabisa.

Tangu mwaka 1884, fedha zilizotumika Tanganyika zilikuwa ni sarafu tu. Noti zilianza kutumika mwaka 1905, wakati wa utawala wa Mjerumani. Noti hizo zilitolewa katika thamani ya Rupia 5, 10, 50, 100 na 500. Rupia ilidumu kwa muda mrefu katika historia ya fedha Tanzania. Baada ya kupatikana kwa uhuru, Benki Kuu ya Tanzania (BOT), ilibadilisha noti zake kutokana na sababu mbalimbali, ikiwemo sheria inayoruhusu kufanya hivyo katika kipindi cha miaka mitano hadi saba.

Hapo kati.

Mwanzoni mwa mwaka 1921, kulianzishwa sarafu ya pamoja ya nchi zote za Afrika ya Mashariki. Hii ilijulikana kama Florin ya Afrika Mashariki. Ilikuwapo Florin 1, 5, 10, 20, 50, 100 na 500. Hata hivyo, sarafu hii haikudumu sana. Baada ya nchi zote za Afrika ya Mashariki kuwa huru, noti za kwanza zilitolewa mwaka 1964 na zilifanyiwa mabadiliko makubwa sana. Kikubwa ni kuwa, sura ya mkoloni iliondolewa, kisha kukawekwa mashua pamoja na mazao mbalimbali ya Afrika.

Mwalimu: Haya sasa. Wa pili? Tuna nusu saa ya kujibu swali la pili. Twende kazi.

Paulo: Mwalimu, kama alivyouliza Yusra, mimi sasa swali langu ni historia ya fedha. Maana, naona fedha zikibadilika mara kwa mara na sijajua ni kwa nini au inamaanisha nini.

Mwalimu: Najivunia kuwa na wanafunzi wenye maswali mazuri kama haya.



Na sasa...

Hivyo basi, katika historia yetu, tumekuwa na pesa zenye sura tofauti tofauti pamoja na sura za viongozi mbalimbali ikiwemo sura ya Baba wa Taifa Mwalimu Nyerere, Rais Mwinyi, n.k, lakini kikubwa ni kwamba, fedha za Kitanzania zimepitia mabadiliko makubwa ya rangi, alama za picha na alama za usalama. Leo hii tunatumia Shilingi. Sarafu zetu ni za shilingi 50, 100, 200 na 500. Noti zimegawanyika katika thamani ya shilingi 1,000, 2000, 5,000, na 10,000. Je, mnajua kwamba kampuni inayochapisha noti zetu ndiyo inayochapisha baadhi ya noti za Marekani? Yes. Leo mmejua.

Mwalimu: Tuishie hapa kwa sasa wanangu, ni muda wa kwenda nyumbani. Haraka haraka, nani mwenye noti tuiangalie ina alama gani?



1978



1987



1993

Ee bana kuna 'combi' mpya!

Mambo yanazidi kuwa bambam! Combinations zinaongezeka, wigo wa elimu unazidi kutanuka. Cheki hizi mpya zilizotangazwa na Serikali hivi majuzi tu!

- Physics, Mathematics, Computer Studies (PMC). Hii inapatikana Dodoma Sec (Wasichana) na Iyunga Tec (Wavulana)
- Kiswahili, French, Chinese (KFC)
- Kiswahili, English, Chinese (KEC). Hii inapatikana Morogoro Sec (Wasichana) na Usagara Sec (Wavulana).
- Physical Education, Biology, Fine Arts (PEBFA).
- Physical Education, Geography, Economics (PEGE). Hii inapatikana Makambako Sec (Wasichana), Kibiti Sec (Wavulana), Mpwapwa Sec (Wasichana na Wavulana).

Hivyo tu yaani. Ukitaka kupata nondo zaidi chungulia www.tamisemi.go.tz. Kazi kwako!



JE, WAJUA?

Inasemekana, chale za Wamakonde sio urembo, bali ilikuwa ni njia ya kuharibu sura zao ili wasinunuliwe kama watumwa!



Have you ever heard of Wamwiduka?

Back in 2006 before the formation of Wamwiduka Band, four young boys from Ivumwi, Mwakibete ward in Mbeya town came together and started to entertain admirers on the streets of the vibrant Mbeya town.

The first song that instantly put them on everybody's playlist was a melodic account of a fire accident that destroyed the town's main market. And *Ajali* was the name of the song. Alongside that hit they released more songs; *Ndani Ya Fani*, *Kilingeni*, *Neli*, *Maria*, *Mama Wema*, *Tamaa ya Moyo* and a few more.

In 2012, lyricist and singer Brown Isaya together with his friends Adriano Wilson, Zakaria Michael and Peter Mshaka, decided to make it official, with an identity; they announced the beginning of their new band, an outfit that would focus on traditional music, and they called it *Wamwiduka*. 'Wamwiduka' means 'something of value'. Due to the strong support they had amassed from their street fans, *Wamwiduka* band under the leadership of Brown realized that in the 'game' they enjoyed as fun was also an opportunity to make a living.

Their art has transformed from an escape from the frustrations of unemployment to a resonant project that seemingly embodies past, present and future of a uniquely Tanzanian sound.

Wamwiduka perform with a selection of homemade instruments: the *Babatone*, an instrument pioneered by the band leader's father that is very popular in Mbeya and Malawi, and the four-string guitar known locally as the *Nyina*.

JE, WAJUA?

Eneo la Haydom linalopatikana Wilayani Mbulu, Mkoani Manyara, ni eneo pekee Afrika lenye makundi yote manne ya jamii za Kiafrika: Makundi hayo ni Wabantu (Wanyiramba au Wanyisanzu), Waniloti (Wadatoga), Wakhoikhoi (Wahadzabe) na Wakushi (Wairaq).

Mfahamu Swahili Ally!

"Nchi isiyo na utamaduni wake, haiko huru" anasema mwanamuziki wa Kitanzania, Swahili Ally a.k.a Digo. Huyu ni mwimbaji na mwandishi mahiri wa nyimbo. Swahili Ally alizaliwa mwaka 1989 mkoani Tanga, katika familia ya wanamuziki; babu yake alikuwa mwanamuziki na alimfunza Swahili sanaa hiyo. Baada ya babu yake kufariki dunia, bibi yake alichukua jukumu la kumshauri juu ya masuala yahasuyo muziki. Kwa kabila, Swahili ni Mdigo na anaimba kwa kuchanganya lugha za Kidigo na Kiswahili. Safari yake ya muziki ilianza mwaka 2005 lakini ilichanganya zaidi mwaka 2010 alipojiunga na Lumumba Theatre Group, akakutana na wajanja wenzake wakali wa sanaa, wakafanya mambo makubwa. Hii leo ukimuliza Digo, muziki wako umekukutanisha na nani, jibu lake litakuwa na majina makubwa kutoka Afrika Magharibi, Afrika Kusini, Uganda, Kenya, Norway, Zimbabwe na Ethiopia. Mara nyingi akipanda jukwaani hawi peke yake; huambatana na rafiki yake mkimya asiyeongea mpaka achokozwe. Rafiki yake huyo ni ala maarufu barani Afrika iitwayo Kora. Asili ya ala hii ni Afrika Magharibi lakini Swahili Ali huichezea kama kaitoa udigoni, huku akiimba nayo kwa ladha ya mashairi yanayochanganya Kidigo na Kiswahili. Ukimkuta katika tukio hilo utamkubali na kukubaliana na azma yake ya kutunza utamaduni kwa sanaa ya muziki. Ametunga nyimbo nyingi, mmojawapo ni 'Kabula' ambao maudhui yake yanahusu mwanaume mwenye huzuni kutokana na kukimbiwa na mkewe na kuachiwa watoto, akimwomba mkewe kurejea. Mkewe alisafiri kwenda mjini kutembelea familia yake na kuahidi angerudi jioni, lakini hakurudi. Wakati huohuo, wimbo unaobeba jina la albamu yake, "Nadunda (Ali)" unahusu bibi akitabiri mustakabali mwema wa mjukuu wake. Kama kawaida ya bibi zetu. Hii inaonesha namna Swahili anavyoelezea simulizi za kitamaduni kupitia muziki wake.

Mfollow Swahili Ally kwenye Facebook:
@SawahiliAlly uonje manjonjo yake.



Makabila mangapi?

Watu wengi husema Tanzania ina makabila 125, lakini kwa mujibu wa Tovuti ya Serikali, <https://www.tanzania.go.tz/home/pages/228> ndani ya mipaka ya Tanzania kuna takribani makabila 158 yanayoishi pamoja na kuzungumza lugha zinazowakilisha makundi makuu manne ya lugha za Kiafrika. Makundi hayo ya lugha ni pamoja na ya Kikhoikhoi au lugha yenye "vidoko" zinazotumiwa na makabila ya wawindaji na wakusanyaji, kundi la Waniloti ambao ni wafugaji (kama vile Wamasai), Wakushiti na Wabantu. Kundi la makabila ya kibantu ndilo kundi kubwa zaidi nchini. Licha ya wingi na utofauti wa tamaduni na lugha katika nchi yetu, makabila yote yanaunganishwa na matumizi ya lugha ya pamoja ya Kiswahili ambayo ni sehemu kubwa ya utambulisho wa Taifa.

JE, WAJUA?

Hakuna hakika kuhusu idadi ya wazungumzaji wa lugha ya Kiswahili duniani; takwimu zinazotajwa zinatofautiana. Hata hivyo kwa mujibu wa vyanzo mbalimbali, inatosha kusema kwamba Kiswahili kinazungumzwa na watu angalau milioni 150, kwa ngazi tofauti. Inakadiriwa kwamba watu wanaokitumia Kiswahili kama lugha ya kwanza ni kati ya milioni 15 na milioni 25, na idadi hii inakua kwa kasi. Wanaokitumia kama lugha ya pili ni zaidi ya milioni 125. Hapa kwetu Tanzania, kutokana na Kiswahili kuwa lugha ya Taifa na pia kutokana na mwingiliano wa watu katika miji au watu wa makabila tofauti wanapooana, matumizi ya lugha hii kama lugha ya kwanza yanaongezeka. Kwa watoto wengi katika mazingira haya Kiswahili ni lugha mama.

Story time na Bibi

Catherine na Issa ni Fema clubbers kutoka Fukayosi Sec ya Bagamoyo. Wamemtembelea bibi wakiwa na hamu ya kupata mastori kuhusu maisha enzi hizo. Wana maswali kibao hata hawajui waulize lipi waache lipi!

Bibi uko fit! Hivi una miaka mingapi?

Hehehee! Nilijitunza mjukuu wangu. Ukisikia Mtetwa Binti Simba, ndo mie. Umri wangu wala sijui. Nilizaliwa Saadani hukuhuku Bagamoyo. Tena wakati huo lilikuwa pori tupu! Vijumba vilihesabika. Na mkiniuliza kabila, mie ni Mzigua na Mnyamwezi. Tulizaliwa watatu, wasichana tu. Mimi ndiye wa kwanza na nimebaki peke yangu. Nami nilizaa watoto wangu watatu kama tulivyozaliwa sie, ila ndo hivyo wamebaki wawili. Nina wajukuu 10 na vitukuu 10. Nimekula chumvi, nashukuru.

Wow! Enhe, vipi kuhusu shule?

Shule? Bibi yenu mie darasa nimelichungulia tu!? Tena la mkoloni. Niliandikishwa la kwanza. Kuingia la pili si nikavunja ungo! Basi huo ukawa mwisho wa shule! Enzi zetu ilikuwa ukivunja ungo, wazazi wanakwenda kuripoti shuleni, unawekwa ndani, hapo hata shule unafutwa kabisaaa, maana tulikuwa tunakaa ndani mwaka na zaidi na ukitoka humo mchumba keshapatikana, unaolewa. Nashukuru kuona sasa mambo yanabadilika.

Hee, bibi kweli?

Ndo hivo wajukuu zangu! Basi bwana! Nikawekwa ndani mwaka mzima! Kazi yangu humo ikawa ni kupika na kusuka ukili. Nilikuwa navaa kaniki kiunoni tu, juu sivai chochote. Hivi ndivyo mila yetu ilivyo. Na nilifundwa nikafundika! Kazi ya kufunda mwali katika mila yetu ni ya bibi mzaa baba. Basi alinifundisha usafi, nidhamu, na maana ya kuvunja ungo. Kipindi chote hicho walikuwa wanakuja wanaume wa kila aina. Wanaingia ndani, wananitazama. Mwanaume akishaniona anazungumza na wazazi kama angependa kunioa. Lakini nami nilikuwa na nafasi ya kusema kama nimempenda au la. Iliendelea hivyo hadi akapatikana niliyemridhia.

Hivi, watu wengi wa zamani hawakusoma eenh?

Wengi hawakupata bahati ya kusoma. Ila ndo hivyo, Mungu hakupi kilema akakukosesha mwendo. Tulikuwa na namna yetu ya kufahamu mambo, nyinyi leo hamyajui haya. Hatukuwa na saa, lakini tulifanya kila kitu kwa wakati.

Catherine and Issa are Fema clubbers from Fukayosi Sec-Bagamoyo. They visit a grandmother with the desire to hear stories about life in the olden days. They have many questions and can't seem to decide which to ask and which not to.

Grandma you're fit! How old are you?

Haha! I took good care of myself my child, when they talk of Mtetwa Binti Simba, that's me. I don't remember my age, I was born here at Saadani, Bagamoyo, and at the time, it was just a forest. Houses were scarce. As for my tribe, I'm a Zigua and Nyamwezi. I was born into a family of three girls. I, the first born, am the only one left. I too bore three children, but only 2 are surviving. I have 10 grandchildren and 10 great grandchildren. I've lived a long life, I'm grateful.

Wow! How about school?

School? Grandma here only got a hint of school. The colonial time. I was registered for class one, but once I reached class two, I started menstruating. That was the end of school. In our time, once you started to menstruate, parents would report it at school. Then you would be kept at home as a ritual for a year, automatically you get deregistered from school. By the time you are done with that a fiancée would be waiting and marriage follows. I'm glad to see things have changed.

Is that true?

I'm telling you! I stayed indoors for a year. My tasks were cooking and weaving mats. I wore a kaniki around my waist and nothing else on top. That's our custom. The work of grooming a maiden in our custom belongs to your father's mother. Thus, I was taught cleanness, manners and the meaning of puberty. During that time all sorts of men came in to see me. They would speak to my parents if they would like to marry me. But I had a chance to say if I liked him or not. This continued until I got the one I preferred.





Jogoo la kwanza linapowika huwa ni saa tisa kamili alfajiri. La pili huwika saa kumi kamili na la tatu huwika saa 11 na hapo hapo ndipo yanapoanza kuwika mfululizo, tena kwa fujo, huku yakipokezana. Hapo mwenye kusafiri anaamka, anaanza safari, wenye kwenda shamba wanabeba majembe. Mnalijua hilo? Tena, namna yetu nyingine ya kujua muda ilikuwa ni kwa kutazama urefu wa kivuli. Kikiwa katikati tulijua ni saa sita kamili mchana. Nyinyi leo mnaweza kujua muda kwa kuangalia urefu wa kivuli? Thubutu! Mifugo yetu pia ilikuwa ndiyo saa yetu. Punda kwa kawaida anapolia inakuwa saa saba usiku au saba mchana. Ndege wanaporudi viotani tulikuwa tunajua sasa moja kasoro. Haikuwa rahisi mtu kuamka usiku wa manane akidhani kumekucha. La hashu.

Most people didn't attend school, right?

Many people didn't get the opportunity to study. But that's life! God doesn't give you a challenge without giving you a way. We had our ways of knowing things. I'm sure you don't know any of them. We had no clocks but did everything on time. The first cock's crow is at 3:00am, the second at 4:00am and the third at 5:00am. From there the cocks crow continuously in turns. That's when a traveler wakes up and a farmer takes his hoe. Did you know that? Another way of telling time was observing the height of shadows. If it's at the center, then it's noon. Can you tell time by looking at a shadow? I doubt it! Our livestock were also time tellers. Donkeys would bray at 1pm or 1am. Birds would return to their nests just before 7. It wasn't easy for one to wake up during the night thinking dawn had come. No way!



Na kwenye mawasiliano je?

Hatukuwa na simu kama nyinyi leo, lakini nasi tulikuwa na namna yetu ya kuwasiliana. Kulikuwa na ngoma kubwa sana, huku tuliita hondo. Ilikuwa inawekwa juu ya mti, inapigwa kuashiria msiba, sherehe, mkutano au kwamba kuna mtu kakamatwa na simba. Kila tukio lina mapigo yake na kila mtu aliyajua.

Unafhamu parapanda? Hii ni pembe ambayo pia ilitumika kuita watu kunapokuwa na jambo la ghafla. Hii sasa, hata mimi sikuikuta. Nami nilisimuliwa na wazee, kama ninavyowasimulia nyinyi wajukuu zangu leo. Tulikuwa na namna ya kupeleka taarifa ya msiba kwa ndugu walio mbali, ingawa ilichukua muda mrefu sana ujumbe kumfikia mlengwa. Unaandika barua, kama ni ya msiba basi juu ya karatasi unaweka X. Kikaratasi hicho kinapelekwa na wasafiri mji baada mji hadi kinafika kule kilipokusudiwa. Haikuwa rahisi, lakini iliwezekana.

Hivi, na haya mambo ya utani wa makabila, yalikuwepo tangu zamani? Ilianzaje?

Enhee! Utani? Tena ulinogesha maisha haswaaa! Nyinyi mnaita utani lakini sisi tunaita ugongo wa jadi. Utani ni wa mtu na binamu au bibi kwa mjukuu. Huu utani wa makabila tunaita ugongo wa jadi. Ukisikia Mnyamwezi ni mtani wa Mzaramo, maana yake walipeana msaada.

Mnyamwezi alimsaidia Mzaramo kupigana na Mjerumani, akashinda, hivyo Mzaramo akampa Mnyamwezi ardhi fulani iwe mali yake, kama hiyo haitoshi, akampa binti awe mkewe. Mtani tangu enzi na enzi aliheshimiwa. Akifika msibani akasema marehemu asizikwe, hazikwi mpaka atakaporuhusiwa kuingia ndani na kuchagua kitu chochote anachokitaka. Anaweza kuchukua mbuzi, kuku au kingine chochote. Hata kwenye harusi anaweza kuzuia hadi apewe hela.

Faida ya utani ni kuonyesha upendo na uhusiano uliopo baina ya makabila. Hii ni mila ambayo imeendelea hadi leo. Ilikuwa ni mwiko kuvunja utani na mtu angefanya hivyo angelazimika kufanya matambiko ili kuepuka mabalaa.

Enhee, hivi bibi, mambo ya urembo zamani yalikuwepo?

Kumbe je? Kwanini yasiwepo? Mwanamke kupendeza bibi wee! Tulikuwa na kitu tunaita Bedani; unachukua majani fulani hivi huku tunaita utetekanga, yanateleza. Basi hayo tulikuwa tunachanganya na masizi ya chungu, tunapaka kichwani. Nywele zinakuwa laini sana na zinalala kama hivi mnavyotengeneza nywele zenu siku hizi.

What about communication?

We had no phones as you do today. But still, we had our ways of communicating. There was a big drum called a hondo. It was tied to a tree and drummed to indicate a funeral, a party, a meeting or someone having been attacked by a lion. Every event had its beat, and everyone knew the difference.

Do you know a parapanda? It was a horn used to call people for emergency situations. I wasn't around during its time. But I was told about it by elders just as I am telling you.

We also had our ways of informing distant relatives about a funeral. However, it did take a long time to reach the intended. A funeral letter had an X on it. The letter was then taken up by travellers, from town to town, until it reached its destination. It was possible but not easy.

What about inter-tribal jokes, when did they begin? How did they start?

Ahhh! Jokes! These were our entertainment. You call them jokes but we called it ugongo wa jadi. Jokes are between cousins or grandparents to their grandchildren. Tribal banter was called utani wa jadi. If someone from the Nyamwezi tribe and another from the Zaramo tribe teased each other, it also meant in times of need they would help each other.

The Nyamwezi helped Zaramo to fight against Germans, and upon winning, the Zaramo gave the Nyamwezi land to possess, and a girl to marry.

Mtani was always respected. If he attends a funeral and decides the late shouldn't be buried, no burial would happen, well at least not before the mtani gets inside the house of the deceased and chooses whatever he wants. It may be a goat, chicken or anything. Also, a mtani can stop wedding until he's given money.

The benefit of such banter was to show the love and relationship that existed between tribes. It is still our custom to date. It was forbidden to stop the jokes. Who did so had to follow some rituals to avoid disasters.

Tulikuwa pia na urembo wa kutoga masikio na pua. Masikioni tunaweka karatasi zinaning'inia. Hizi ndizo zilizokuwa hereni zetu. Puani tulikuwa tukiweka kishaufu. Leo hii hereni za karatasi zimesahaulika, lakini vipini vya puani bado vipo. Kuna mzingifuri na mkadi. Hii ni miti iliyokuwa inanukia sana. Majani yake tulikuwa tukiweka kwenye nguo. Zinanukia hatari! Wengine walikuwa wakikata kipande na kukining'iniza shingoni, unanukia kama umepulizia uturi! Wacha kabisa! Mafuta yetu ya kupaka yalikuwa ya nazi. Haya tulipika wenyewe. Hatukuwa na viatu. Tulitembea peku. Siku ya harusi maharusi walivaa viatu vya mbao maarufu kama talawanda. Tofauti na leo, zamani siku ya harusi, mwanaume alivaa viatu virefu, mwanamke vifupi.

Na hospitali je?

Zilikuwepo, lakini hazikuwa nyingi. Ila sisi enzi zetu tulipendelea sana dawa za asili. Majani, magome, mizizi na vyakula. Lakini pia, hatukuwa na magonjwa mengi kama yaliyopo leo. Enzi zetu sisi magonjwa makubwa yalikuwa gono, kichocho na kaswende. Kulikuwa na homa za jioni zilizokuwa zikiwapata watoto kuanzia miaka mitatu. Hizi tulizitibu kwa kuchukua majani ya njiapanda, tukachanganya na kinyesi cha tembo, tukamfukiza mtoto. Basi hapo homa inaondoka kabisa hadi mnasahau. Leo mkiambiwa hivyo wala hamuamini nyie. Mnasemaje wajukuu zangu? Tuendelea na stori au tule kwanza?!

Wow! And grandma, were there beauty products at the time?

Of course! Why not? We had something called Bedani. We used some slimy leaves called utetekanga. They were mixed with soot then applied on our hair. It would then become soft and laid as you do now days. We also pierced ears and nose. In the ears we put papers, they were our earrings, and a pendant on the nose. Paper earrings are forgotten but nose pendants are still there. There are Mzingifuri and mkadi. The leaves of these trees had a nice fragrance. We used to put them on clothes, and they smelled good. So good! Some used to cut a piece and hang it around the neck. It smelled very good.

We applied coconut oil. It was homemade. We had no shoes. We walked bare feet. On wedding days, the wedded wore shoes famously known as Talawanda. Men wore tall shoes and women short ones, unlike these days.

And hospitals?

They were there but few. However, we preferred natural herbs; leaves, barks, roots and foods. We had few illnesses compared to today. The major ones were gonorrhea, schistosomiasis and syphilis. Evening fevers were common, mostly affecting children under 3 years. These were treated by steaming a mix of grass from crossroads and elephant's droppings. The fever was then cured and forgotten. Today you wouldn't believe it. Would you? So, should we go on or we eat first?

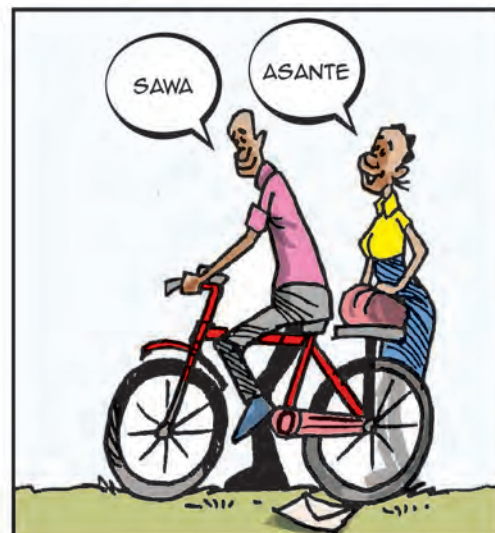
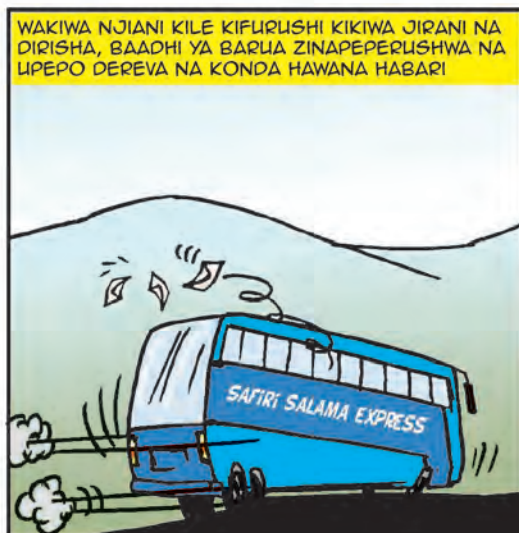
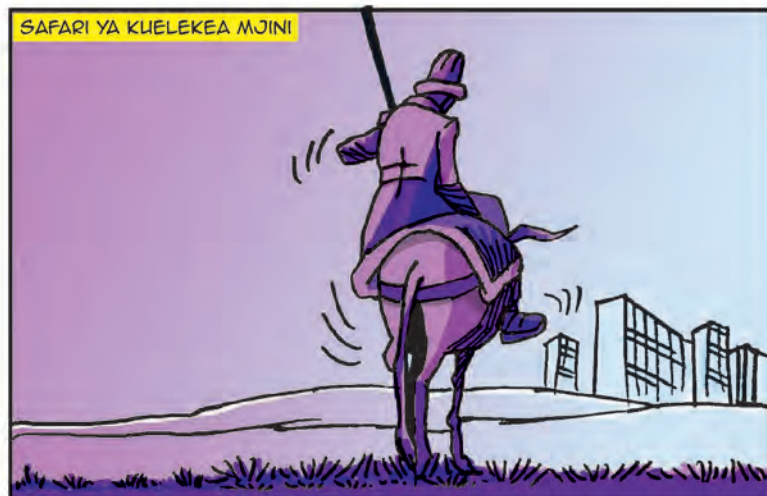
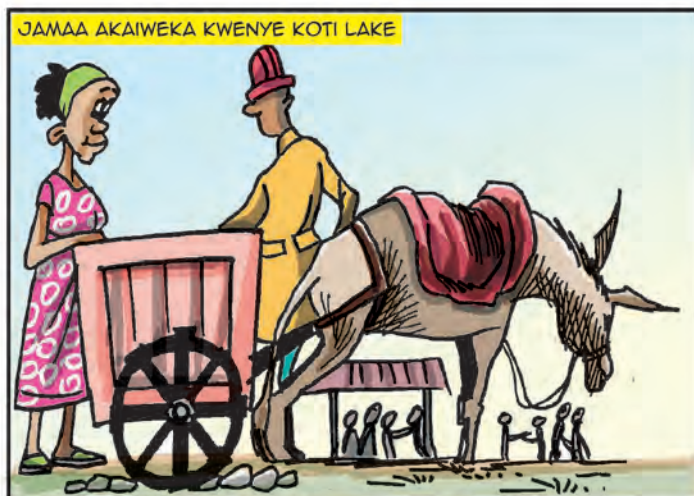
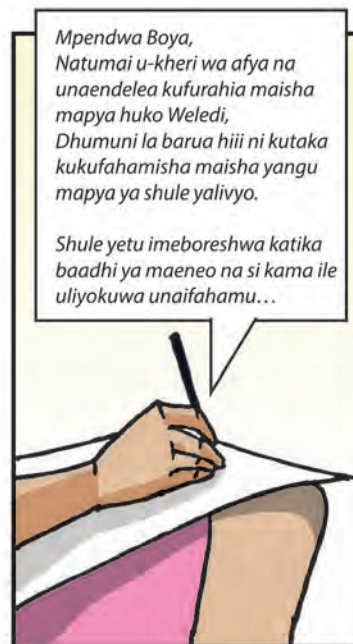


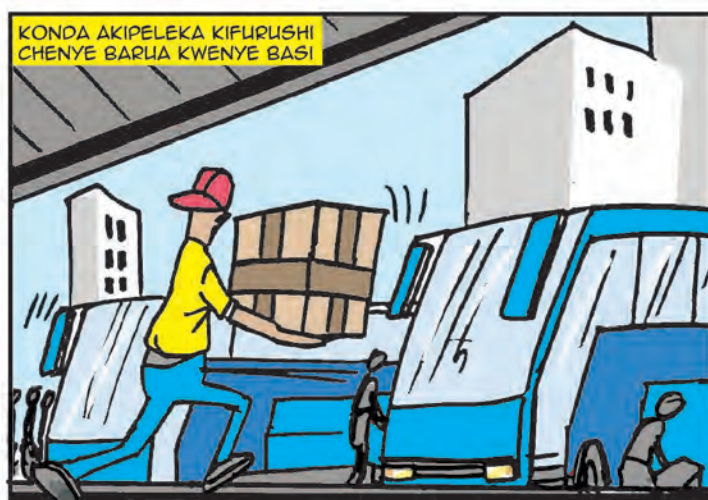


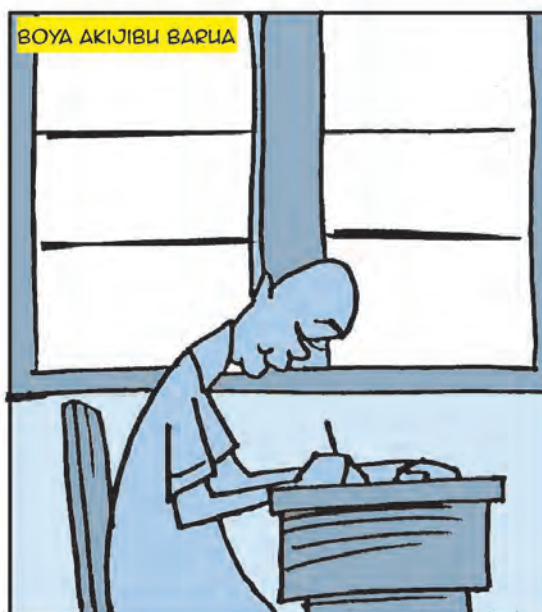
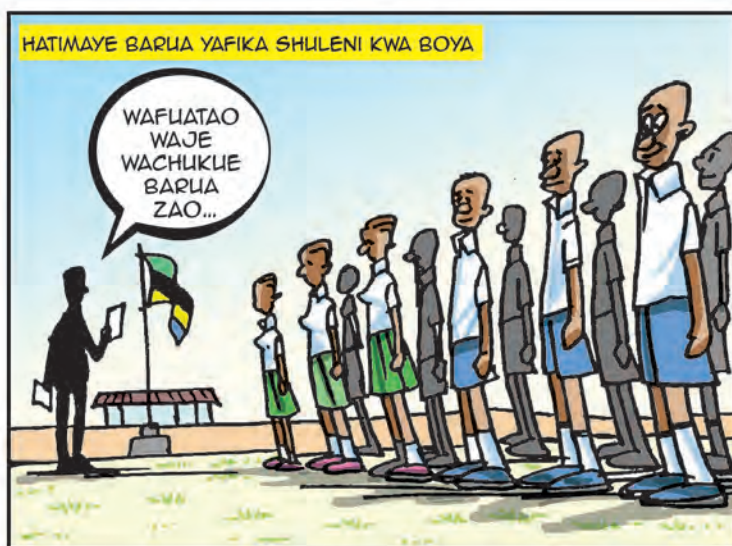
RAFIKI WA KALAMU

HUU NI MWAKA 1980, BUDA NA BOYA NI MARAFIKI WA MUDA MREFU NA WAMEKUA PAMOJA KIJUJI CHA NDOTONI. BAADA YA BOYA ANAPANGIWA KWENDA KUSOMA KIJUJI CHA WELEDI. WAKATI WANAAGANA WANAKUHALIANA WASIKATE MAWASILIANO KWA NAMNA YOYOTE ILE WAVE WANAWASILIANA KWA NJIA YA BARUA ILI KUDUMISHA URAFIKI WAO.

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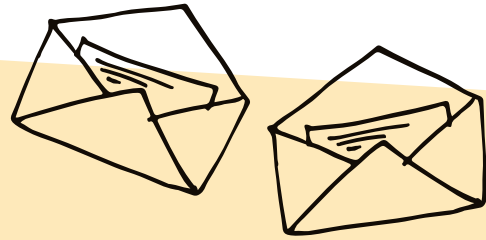


Mchakato wa mawasiliano!

NA RAPHAEL NYONI

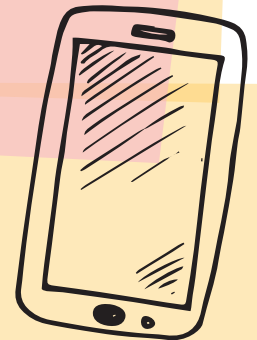
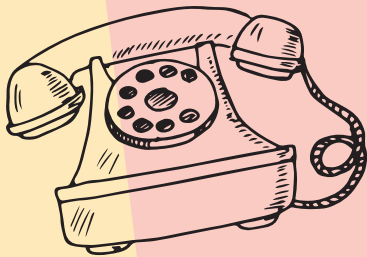
Naanza na swali; yule rafiki yako ambaye baada ya kumaliza la saba mlipangiwa shule tofauti, au mikoa tofauti, vipi urafiki wenu, bado unaendelea au ndio ulishakufa? Umesema bado upo eeh? Mnatumia njia gani kuwasiliana?

Mawasiliano ni nusu ya kuonana, miaka inavyozidi kwenda na njia za mawasiliano nazo zinazidi kubadilika lakini dhima kuu ikiwa ni kupashana habari, kuelimishana na kuburudishana, kama ilivyo kwa mimi na wewe sasa hivi hapa au sio? Basi sawa, turudi kwenye katuni! Buda na Boya wametuoonesha kiduchu hali ya mawasiliano ilivyokuwa enzi za wahenga na wahenguzi.



Tujikumbushe kidogo

Zamani, mawasiliano yalikuwa ni kwa njia ya posta na simu za mkonga au kama kuna mtu unayemfahamu anasafiri kuelekea inakoenda barua yako basi unampatia aifikishe. Na watu walikuwa hawana hiyana, wanafikisha. Lakini sasa huo mchakato wake... ujumbe unachukua siku tele kufika kwa mlengwa. Haimanishi kwamba watu hawakuwa wabunifu, walitumia walivyokuwa navyo kufikisha ujumbe. Unaambiwa enzi hizo mavazi nayo yalitumika kama njia mojawapo ya mawasiliano. Mtaani khanga zilitumika kama 'WhatsApp Status' zikiwa zimebeba ujumbe mbalimbali ili kufikisha ujumbe kwa walengwa.



Mambo yakoje sasa?

Haipingiki kwamba hadi leo posta inafanya kazi, pia bado kuna maeneo mawasiliano ya kumtuma mtu apeleke barua kwa mkono bado yanawabeba, lakini hebu piga picha, ingekuwa kama mpaka leo mfumo wa mawasiliano ungekuwa ndio kama hivyo tu? Maendeleo ya sayansi na teknolojia yamebadilisha mambo mengi sana katika maisha yetu ya kila siku.

Leo hii ukim-miss mtu unaweza ukampigia simu mkaongea au hata kumtumia ujumbe mfupi na yeye akakujibu papo hapo, na siku hizi kuna 'video call' pia. Unaongea na mtu mnaonana papo kwa papo hata kama mpo nchi mbili tofauti. Yaani siku hizi unabofya tu, kitu kimefika!

Kwa mfano, ni mfano tu, Buda na Boya wakaamka siku moja na kujikuta wako mwaka 2021, unadhani ni kitu gani kitawastua zaidi kwenye mawasiliano?

Sio siri, mambo yamerahisishwa, lakini moja ya vitu vya kukumbuka pia ni kwamba mawasiliano ni gharama.

Kuna gharama ya muda na pia kuna gharama ya pesa. Ushawahi kujiuliza kama ingeruhusiwa simu shuleni mambo yangukujawe kipengele cha gharama, kifungu kidogo cha bando? Ha haaa! Patamu hapo.

Anyway, wahenga walisema utamu wa salamu mistari, basi pamoja na maendeleo haya si vibaya mara mojamoya ukachukua kalamu na karatasi ukamwandikia mtu barua, ina utamu wake. Ile 'wakatabahu' pale mwisho itahitimisha zawadi ya mistari kwa mpokeaji na daima itabaki kuwa kumbukumbu kwake.



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@feminahip.or.tz
SMS: 0753003001

Dear Anti, swali langu ni kwamba, ukiwa na pungufu na umbile lako la kiume, kwa mfano ukawa una kende moja, je, kuna uwezekano wa kushindwa kumpatia mwanamke mimba?

◆ Fahamu kuwa kuna mambo mengi yanayohitajika ili mwanamke aweze kupata mtoto, na baadhi ya hayo ni kiasi na ubora wa mbegu zinazozalishwa na hali ya mirija ya kupitisha mbegu. Kwa kawaida, kende moja lina uwezo wa kuzalisha homoni za testosteroni za kutosha za kumwezesha mwanamke kuwa rijali na kuzalisha mbegu za kupata watoto. Hata hivyo, ili kuwa na uhakika, ni vema kufika hospitalini na kupata vipimo na ushauri wa daktari.



Dear Anti, jina langu ni Eliah Donarth. Mimi nasoma kidato cha tano Chisenga Sekondari. Swali langu linatokana na jarida lenu zuri sana la 58. Je, kuna madhara yoyote yanayoweza kumtokea mtu pale atakaponyoa nywele za kifuani? Asante sana.

◆ Hakuna sababu za kiafya zinazokutaka au kukuzuia kunyoa nywele, iwe za maungoni, kifuani au kwapani. Ukiamua kunyoa sawa, ukiamua kukaa nazo hivyo hivyo sawa. Lakini, ukiamua kunyoa, kumbuka kutokuchangia wembe wala vifaa vya kunyolea. Si unajua kuna magonjwa eenh? Pia kuwa makini usijikate kwani vidonda vinaweza kupata infection na kuleta shida. Kama umeamua kunyoa hakikisha unanyoa kwa kufuata namna nywele zilivyooota. Ukitazama nywele hata kichwani si unaona vishina vinaota kwa kuelekea wapi? Enhee, basi usiende against vishina. Hii itasaidia kuacha vishina vikiwa vimechomoza kidogo ili vinapoota tena visianze kutafuta njia mpya na hatimaye kukusababishia vipele ambavyo wakati mwingine hutunga usaha na kuwa vidonda. Hapo si tumelewana?

Dear Anti, habari za kazi. Naomba ushauri. Mwezi uliopita, nilipata hedhi iliyotoka mfululizo kwa mwezi mzima. Nilienda hospitali nikapewa vidonge na kuchomwa sindano, kisha hedhi ikakata. Hata hivyo, mwezi huu, bado natokwa na damu nyingi sana hadi kupitiliza hasa nyakati za usiku. Je hii hali inasababishwa na nini?

◆ Habari, kutokwa na damu zaidi ya siku saba, na kwa wingi kiasi kwamba unaamka kubadili pedi usiku kunaweza kusababisha upungufu wa damu. Hivyo ni vema kupata ufumbuzi wa tatizo linalokukabili. Sababu ziko nyingi na zinatofautiana kwa kila mtu, tafadhali rudi tena hospitalini upate vipimo zaidi ili kujua sababu ya tatizo lako na pia kupata ufumbuzi wa kudumu. Usisite wala kuogopa kuuliza maswali kwa daktari pale ambapo hujaelewa tatizo lako ni nini.



Mpendwa Anti, pole na kazi. Mimi naitwa Alex. Ningependa kuuliza kwamba ni nini kinacho sababisha kutokwa na harufu sehemu za siri na utafanyeje ili usitokwe na harufu hiyo?

◆ Habari? Kwa kawaida sehemu za siri kuwa na harufu yake, na harufu hizi ni za kawaida na hazipaswi kuwa za kukera. Hivyo kwa mtu aliye hai, huwezi kuondoa kabisa harufu sehemu za siri. Ukali na aina ya harufu inaweza kuathirwa na aina ya chakula unachokula, usafi wa eneo husika na usafi wa mwili kwa ujumla. Pia usafi wa nguo za ndani na za nje huchangia. Hivyo ni vema kula mlo kamili, kunywa maji ya kutosha, kuoga na kubadilisha nguo zote angalau mara mbili kwa siku. Magonjwa mbalimbali ya sehemu za siri pia yanaweza kusababisha harufu mbaya na kali katika sehemu hizo. Endapo sehemu za siri kuna harufu kali sana, ni vema kufika kituo cha afya na kupata ushauri wa daktari ili kama kuna tatizo upatiwe tiba sahihi. Pia, linda afya yako.

ANTI COS ANAJIBU MASWALI YENU



Dear Anti, pole na hongera kwa kuelimisha jamii. Je, kuna madhara yoyote endapo nitajiosha ukeni.

◆ Rejea katika toleo la 58 la Fema, na pitisha macho kwenye ukurasa wa Chezasalama, ili upate uelewa wa sehemu za siri za mwanamke. Haya basi, kama umeshafanya hivyo, nikirudi kwenye swali lako, sehemu za siri za mwanamke inashauriwa zioshwe kwa nje tu kwa maji safi na sabuni za kawaida hasa zile zisizo na harufu kali wala madawa ya kuua bacteria. Sehemu za ndani ya uke zina ngozi laini sana ambayo inaweza kuathiriwa na sabuni zenye harufu kali au dawa.

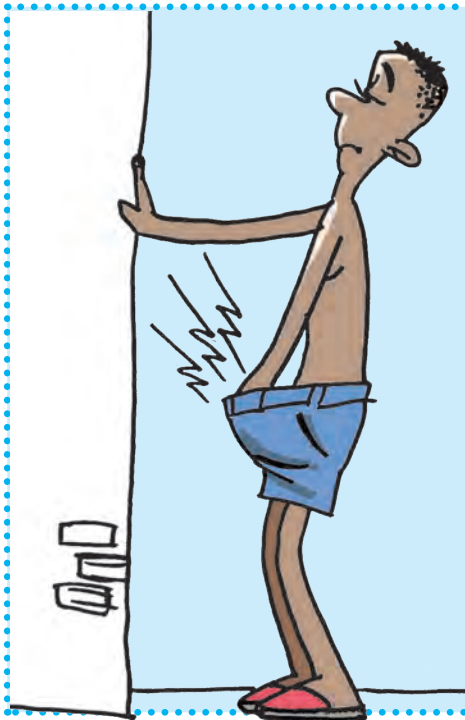
Eneo la ndani la Uke (Vagina) linakuwa na bacteria na vijidudu vingine muhimu ambavyo vinatakiwa kuwepo ukeni ili kuweka sawa hali yake. Pia kwa kawaida uke hujisafisha wenyewe, ndio maana kuna vipindi fulani mwanamke huwa na utoko unaoashiria uke unajisafisha. Huko hakutakiwa kuoshwa kabisa, usingize maji wala sabuni, hata kama ni wakati wa hedhi kwani sabuni zinaweza kuua bacteria ambao wanahitajika na maji yanaweza kupeleka bacteria wasiohitajika. Pia, ngozi ya hapo ndani ni laini sana na sabuni zinaweza kusababisha michubuko ambayo inaweza kuleta hatari.

Suala la balehe linanisumbua sana Dear Anti. Mpaka sasa, sijaota nywele zozote katika sehemu zangu za siri. Mimi ni msichana nina miaka 17. Je, tatizo ni nini. Ni mimi S.T.

◆ Habari? Balehe inakuja tofauti kwa kila mmoja, wakati mwingine inawahi na wakati mwingine inachelewa. Pia mtu mmoja anaweza kuwahi kupata badiliko la aina moja na mambo mengine yakachelewa, mfano mtu anaweza kuota nywele sehemu za siri wakati sauti yake haijabadilika. Kuchelewa kunaweza kuwa kwa kawaida tu, yaani baada ya muda nywele zikaota, na kwa umri wako mwili bado unajipanga, au kukawa kunatokana na tatizo ndani ya mwili wa kijana husika. Hivyo tunakushauri ufike hospitalini ili upate ushauri na msaada zaidi.

Mpendwa Anti, pole na kazi ya kuelimisha jamii. Mimi B.W wa Moshi, nina swali. Je, ni kweli mwanamke akikutana na mwanaume kimwili kisha baada ya hapo akanywa majivu, mimba haiingii? Au hii ni imani potofu tu?

◆ Habari? Majivu yanatokana na miti aina mbalimbali na yanaweza kuwa na viwango vikubwa vya kemikali ambazo ni hatari kwa afya, pia yanaweza kuharibu mfumo wa chakula na kuleta madhara. Pamoja na hayo, USIDANGANYIKE! Majivu hayazuii mimba. Ili kuzuia mimba tunakushauri kutokufanya ngono kwa sasa na kuelekeza nguvu zako katika kutimiza ndoto zako, kama uko shule soma kwa bidii. Muone daktari au mkunga aliye karibu nawe kwa ushauri zaidi.



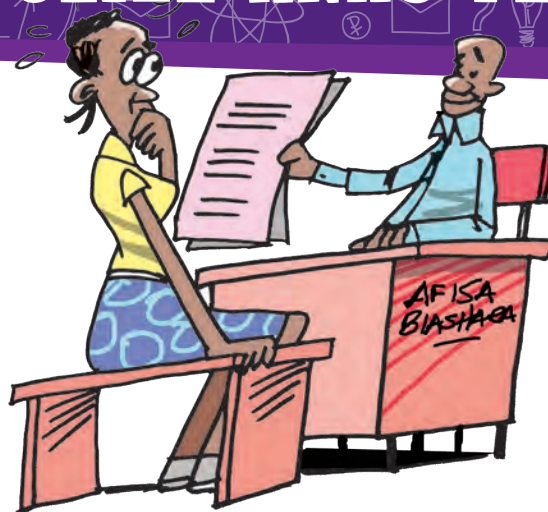
Mpendwa Anti, katika mwili wangu, nahisi kuna tofauti. Kwanza katika sehemu za uume wangu, kuna muda unawasha halafu baada ya huo muwasho wa muda mfupi, nikijitazama, nakuta tone au usaha mchache unatoka ndani ya uume. Hii hali inajirudia kila mara. Je, hii ni dalili ya ugonjwa? Na kama ndiyo, ni ugonjwa gani? Je, husababishwa na nini?

◆ Habari? Unapoona hali yoyote isiyo ya kawaida kwenye sehemu za siri kama kuwashwa, kutokwa vipede, majimaji yasiyo ya kawaida, usaha, vidonda, maumivu chini ya kitovu, na harufu mbaya, hii inaweza kuwa dalili za magonjwa ya ngono au maambukizi mengine. Tafadhali fika hospitalini mapema iwezekanavyo, endapo una dalili moja au zaidi, kumbuka magonjwa ya sehemu za siri yasiipotibiwa yanaweza kuleta madhara zaidi.

MUULIZE ANKO PESA!



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



Shikamoo Anko Pesa. Asante sana kwa kuendelea kutupa ushauri kuhusu mambo mbalimbali. Mimi ningependa kuanzisha biashara ila naomba uweze kunisadia vitu muhimu ambavyo nataka kuzingatia wakati wa kuanzisha biashara.

Yaani kama 'checklist' flani hivi. Asante.

Habari gani mpendwa msomaji wa makala ya Anko Pesa. Asante sana kwa pongezi ulizotoa kwa niaba ya wanaFema, nazipokea. Kwa ufupi yafuatayo ndiyo mambo muhimu au "checklist" kuzingatia wakati unaanzisha biashara:

- Je ni kwa kiwango gani bidhaa/huduma husika inahitajika na walaji
- Je iwapo bidhaa/huduma husika itauzwa muuzaji atakuwa anapata wapi bidhaa/malighafi za kutengeneza bidhaa/huduma husika?
- Je bidhaa/huduma husika itauzwa kwa bei gani kwa bei za bidhaa/huduma zinazofanana katika soko
- Je muuzaji atawezaje kuitambulisha na kuitofautisha bidhaa yake katika soko
- Je ni nani watakaoweza kuwa washirika wa muuza bidhaa watakaoweza kujenga mtandao wa kusambaza bidhaa yake iweze kuenea katika soko
- Kuwa na huduma nzuri kwa wateja kwani wateja ni mtaji
- Masuala mengine kama eneo la kufanyia biashara, kupata leseni na kodi ya pango

Anko Pesa, mimi kwa jina naitwa Abdul Katani. Nina miaka 17. Nina ndoto ya kujiunga na Chuo cha Sanaa ili nje kuwa muigizaji. Je, nichukue hatua gani?

Habari gani Abdul? Kuna fursa mbalimbali za kujiunga na vyuo vya sanaa kama utakuwa umemaliza kidato cha nne au umepitia Chuo cha Ufundi baada ya darasa la saba. Kuna kozi za aina mbalimbali unazoweza kusoma mpaka ukafikia ngazi ya Cheti (Astashahada) kisha ukaendelea na Diploma na baadae hata ukapata shahada ya kwanza. Si lazima vyeti vya chini viwe vya Sanaa unaweza ukawa na cheti cha fani nyingine lakini kikakupa msingi wa kudahiliwa kusoma sanaa katika chuo. Kwa taarifa zaidi kuhusu kozi za sanaa zilizokuwepo na sifa za kujiunga tembelea tovuti ya Taasisi ya Sanaa na Utamaduni Bagamoyo <http://tasuba.ac.tz/>



Habari za kazi Anko Pesa. Kuna jambo naomba kuuliza. Hivi Pesa halali za Kitanzania zinatengenezwa wapi na nani? Je, zinatengenezwa kwa material gani? Ni mimi Simon kutoka Serengeti Mara.

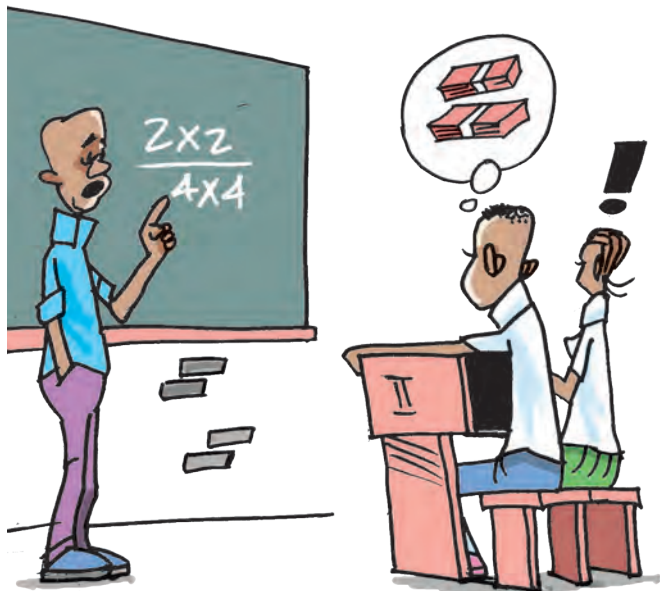
Ama kweli Simon una maswali mazito! Kwa kifupi fedha za Tanzania hutengenezwa nje ya nchi kufuatia kutangazwa kwa zabuni ya kimataifa inayotolewa na Benki Kuu ya Tanzania. Wazabuni wamekuwa wakitoka nchi za Uingereza, Ujerumani, Sweden kutokana na ushindani. Kuhusu sehemu ya pili ya swali lako, tofauti na wengi wanavyofikiri, noti za Tanzania hazijatengenezwa kwa karatasi. Zimetengenezwa kwa pamba. Sarafu za chini zimetengenezwa na madini kama chuma (Sh 500/-) na shaba (Sh. 200/- na 100/-).



ANKO CHRIS ANAJIBU MASWALI YENU

Swali 5. Anko Pesa. Kiukweli ninaomba nikushukuru kwa niaba ya Fema Clubs zote kwa ushauri muhimu unaotupatia. Swali langu ni je, mbona mashuleni hakuna masomo yanayohusiana na fedha, uwekezaji, biashara n.k.? Na je, kijana kama mimi nawezaje kupata hii elimu? Ni mimi Anthony.

Habari gani Antony! Kwanza asante sana kwa pongezi zako na kwa kuupokea ushauri ambao huwa natoa kwenye makala za Anko Pesa! Kuhusu swali lako; mashuleni kuna mafunzo ya aina mbalimbali ya kitaaluma na pia masomo ya ziada. Elimu ya ujasiriamali na masuala ya biashara hufundishwa kitaaluma mashuleni kwenye madarasa ya mchepuo wa biashara. Hata hivyo shule zinaruhusu wanafunzi kuunda vilabu kujifunza mambo mengine ya ziada yasiyo ya kitaaluma kama Klabu za Fema, Mazingira, Debate za Kiingereza n.k. Elimu nyingine ya biashara mtu hujifunza ukubwani. Mtu akishakuwa na taaluma yake mfano daktari, au mhandisi anaweza kujifunza kanuni za biashara ili aweze kusimamia vizuri taaluma yake katika soko. Hivyo elimu ya biashara ni endelevu, ni ya kujifunza siku zote.



Anko Pesa, mimi nimewaza nikawazua, lakini jibu sipati. Nyumbani hakukaliki na hali ni ngumu. Mlo wetu mmoja kwa siku hata hautoshi. Naona vijana wakilazimika kutembea na wamama watu wazima ili watunzwe. Mimi nashawishika kutokana na hali ngumu, na pia kuona kwamba kila biashara huhitaji mtaji. Nifanyeje kujipatia kipato bila kuingia kubaya?

Wewe kijana una mambo! Kimsingi duniani kuna changamoto. Pole sana kwa hali ya nyumbani, lakini kumbuka, anaye "shawishika" kukimbilia suluhisho hilo kama wewe anazikimbia changamoto aidha kwa sababu za woga, uvivu au kukosa kuwa mjasirimali. Wazo la kupata wamama au wababa watu wazima wa kutembea nao wakupe pesa nayo ni ndoto tu ambayo haitatimilika. Utajikuta umebaki solemba bila mwelekeo na umri umepita na hata vijana wenzako wa kike watakataa kuolewa nawe. Acha kutafuta majibu mepesi! Fanya kazi! Nakushauri fuata ushauri ambao wenzako wamekuwa wakipewa na Anko Pesa kisha buni shughuli ya kufanya kibiashara. Kumbuka wahenga walisema "mtaji wa maskini ni nguvu zake." Umepewa akili timamu na afya njema. Anzia hapo.

Habari Anko Pesa. Naitwa Stan kutoka Geita. Swali langu ni je, unawezaje kuuza sanaa kupitia mitandao ya kijamii? Na je, ukitaka kuanzisha biashara kwenye mitandao unapaswa uwe na mtaji wa kiasi gani?

Habari za kwako Stan! Habari za Geita! Jibu kwa ufupi ni kwamba huwezi kuuza kazi za sanaa kupitia mitandao ya kijamii moja kwa moja. Unachoweza kufanya ni kutangaza kazi zako za sanaa kupitia mitandao ya kijamii. Baada ya kutangaza utahitaji mfumo mwingine wa malipo.

Mitandao ya kijamii imetoa fursa za kutangaza biashara. Unapaswa kujua kuna aina mbili za mitandao ya kijamii. Ipo mitandao yenye akaunti inayomilikiwa na mtu binafsi ambayo unaweza kusambaza picha za bidhaa zako kwa marafiki wako waliojiunga kwenye akaunti yako.

Hii huduma ni bure. Pili kuna akaunti za kibiashara hizi zinalipiwa kuanzia shilingi laki moja (100,000) kwa mwezi (kulingana na idadi ya watazamaji unaohitaji kuwafikia). Manufaa unayopata kwa kupitia akaunti za kibiashara ni kwamba zinajitokeza zenyewe kwenye akaunti za watu kama matangazo ya biashara. Pia unaweza kutaja sifa za walengwa watakaooona tangazo lako (k.m umri, jinsia, au ukachagua watu walioandika wamesoma Geita n.k!). Kwa njia hii watu waliolengwa wanaweza wakaona bidhaa yako bila wewe kujuana nao.

Baadhi ya mitandao ya kijamii kama YouTube hutoa gawio kwa watumiaji wake wenye akaunti za kibiashara kama itafikia kuangaliwa na idadi fulani ya watazamaji ambao pia watakuwa wamebofya kitufe kinachoonyesha hisia za kulipenda chapisho husika. Huu ndio ulimwengu wa masoko mtandaoni.





Mikono, mikono, mikono!

NA PENDO MASHULANO

Tunatumia mikono kula chakula, kubeba vitu na hata kujizuia tunapopiga chafya! Tunatumia mikono kulima, kuuza bidhaa na hata kujikuna tunapowashwa. Tunaitumia mikono kujisafisha mwili mzima, kusalimiana na kuonyeshana upendo. Tunaitumia mikono kufungua milango na hata kubeba vitu!

Tunaitumia mikono kuhesabu hela hata kuendesha baiskeli! Tunatumia mikono kuandika na kufunua kurasa za kitabu! Tunatumia mikono kuhudumia mifugo na hata kuchanja kuni! Tunatumia mikono kila saa, kila siku na kwa kila kitu! Si rahisi kuhesabu ni mara ngapi kwa siku umetumia mikono! Kumbe mikono yetu ni kiungo muhimu sana! Katika kufanya yote haya, mikono yetu huchafuka! Vijidudu visivyoonekana kwa macho hunasa kwenye mikono na kuweka makazi hapo! Mbaya zaidi vijidudu hivyo wakati mwingine hujichimbia kwenye kucha zetu na kuweka maskani pia! Vijidudu hivi ni bakteria na virusi vya kila aina na huwezi kuviona kwa macho!



Alaa! Kumbe!

Kwakuwa tunatumia mikono kula, kuandaa chakula na kujigusa sehemu mbalimbali za mwili, basi kumbe ni rahisi kula uchafu au kuwalisha watu wengine uchafu! Ni rahisi pia kuingiza uchafu sehemu nyingine za mwili, kama machoni, puani, masikioni na kwenye ngozi! Hii inatuweka katika hatari ya kupata magonjwa na kuwasababishia watu wengine magonjwa.

Covid 19 au Corona, kama wengi wetu tunavyoifahamu, imetukumbusha tu umuhimu wa kunawa mikono ili kuzuia maambukizi. Leo hii kila tunapokatiza kuna ndoo ya maji na sabuni! Hata madukani nje kuna ndoo ya maji na sabuni! Kwenye vyombo vya usafiri utatakiwa kunawa kwa maji na sabuni kabla ya kuingia! Ukienda nyumbani kwa mtu utaombwa kunawa mikono kabla ya kugusa chochote! Haya yote ni katika kupambana na ugonjwa huu hatari wa Covid 19 unaoipeleka mbio dunia.

Lakini, umuhimu wa kunawa mikono haukuanza leo. Shuleni tunafundishwa umuhimu wa kunawa mikono. Tangu tukiwa watoto tukitaka kula tutaaulizwa, umenawa? Hivyo basi, kuwe na corona, kusiwe na corona, umuhimu wa kunawa mikono uko palepale. Na sababu kubwa ni ilelile; KUZUIA MAGONJWA.

Wangapi tunanawa?

Kuna watu wenye utamaduni wa kunawa mikono mara kwa mara kwa sababu mbalimbali, lakini sio wengi. Mbayo zaidi, wapo wasionawa mikono hata wanapotoka maliwatoni! Lakini kumbe, hata wale wenye utamaduni wa kunawa mikono, wengi wetu hatunawi ipasavyo! Bado tuna mambo mengi ya kujifunza kuhusu zoezi hili rahisi na muhimu, KUNAWA MIKONO.

Kwakuwa ni rahisi kwa mikono kuwa maskani ya bakteria na virusi vya kila aina, basi zoezi la kunawa mikono linahitaji utulivu. Nawa kwa sabuni na maji safi, yanayotiririka na kwa muda usiopungua sekunde 20. Hapa haimaanishi utumie saa, la hasha! Si sote tunaufahamu wimbo wa happy birthday to you? Enheee, huo huo! Basi unaponawa imba wimbo huo mara mbili tu, hapo utakuwa umetimiza sekunde zako ishirini na kama hiyo haitoshi, utakuwa umeburudika kwa wimbo huo mtamu, hata kama umeimba kimoyomoyo!



Unaponawa mikono zingatia yafuatayo

Tumia sabuni na maji tiririka: kunawa mikono harakaharaka na kwa maji tu hakuwezi kuondoa vijidudu vyote kwenye mikono yako. Na kama vijidudu vitabaki mikononi, unaweza kupata magonjwa.

Fahamu mikono yako imeshika nini: Vijidudu haviepukiki. Hata katika maeneo ambayo yanaonekana ni masafi, bado kunaweza kuwa na vijidudu. Fahamu ulichoshika na unachotarajia kushika. Hii itakusaidia kujua ni wakati gani unawe na kwanini.

Ifanye kuwa tabia: Kama vile ambavyo tunapiga mswaki kila siku asubuhi na jioni, basi jenga mazoea ya kuweka mikono yako safi kila mara. Kwa mfano, kabla ya kula, unapotaka kuandaa chakula, unapotoka shuleni, unapotoka msalini, unaposhuka kwenye daladala au unapotoka shamba. Ukiifanya kuwa tabia, hutosahau.

Anza sasa: Tabia nyingi hujengwa tunapokuwa wadogo. Tabia ya usafi ukiianza sasa hutoiacha hata utakapokuwa mtu mzima. Tabia hukua kadri tunavyokua, hivyo utakuwa msafi zaidi kadri umri wako unavyoongezeka.

Fahamu namna sahihi ya kunawa mikono: Kunawa mikono sio tu kulowesha mikono na kuondoka zako. Ni kuhakikisha umegusa kila kona ya mikono yako. Tutaelekezana katika kurasa hizihizi namna sahihi ya kunawa mikono. Jifunze!



KUMBUKA

Usipuuzie umuhimu wa kunawa mikono, kwani sekunde 20 unazozitumia bombani zinaweza kukuokoa na safari za hospitali na kuokoa gharama ambazo zingetumika kujitibu. Tena, kunawa mikono kunaweza kukuokoa dhidi ya kifo! Ndiyo, kifo! Maradhi kama kipindupindu, kuhara damu na mengine ya namna hiyo yanasababishwa na uchafu na yanaweza kusababisha kifo. TUNAWA.



Hatua 12 za kunawa mikono

1-LOWESHA MIKONO



2-PAKA SABUNI



3-SUGUA VIGANJA



4-SUGUA MIKONO KWA NYUMA



5-SUGUA KATIKATIYA VIDOLE



6-SUGUA VIDOLE KWA NYUMA KWA KILA KIGANJA



7-SUGUA VIDOLEGUMBA



8-SAFISHA KUCHA NAN CHA ZA VIDOLE



9-SUZA MIKONO



10-KAUSHA MIKONO KWA KITAMBAA SAFIAU TISHU



11-TUMIA TISHU KUFUNGA KOKI, KISHA ITUPE



12- MIKONO YAKO SASA NI MISAFI





Sema, Fikiri na Fanya

Hapo zamani za kale palikuwa na mfalme mmoja aliyekuwa na watoto wa kiume walioitwa Sema, wapili Fikiri na watatu alitwa Fanya.

Siku moja Mfalme aliwaita wanae wote na kuwaambia "Wanangu umri wangu umeenda sana, nataka kuachia ufalme kwa mmoja wenu, ila nahitaji niwape sharti la kulifuata ili atakaye tekeleza ndiye atakuwa mfalme." Mfalme akawaambia sharti ninalowapa ni hili." Nahitaji kila mmoja akajenge kasri la kifalme katika mji wake na atakaye kuwa na kasri zuri ndiye atakaye urithi ufalme na nitamfanyia sherehe kubwa sana.

Basi Mfalme akawapa wanae fedha sawa kila mmoja ili wakajenge kasri. Sema alipofika katika mji wake akaanza kusema "ufalme utakuwa wa kwangu tu nitajenga kasri kubwa na la kuvutia ambalo halijawahi tokea. Sema kila siku akawa anasema tu na miezi ikazidi kusonga.

Fikiri naye alipofika katika mji wake naye alikuwa akifikiri tu, maneno yake yalikuwa haya "nafikiri kujenga kasri kubwa la kupendeza lenye nakshi za kutosha, hakika litakuwa ni kasri zuri baba lazima anipe ufalme."

Fanya naye alipofika nyumbani alianza kujenga kasri la kifalme. Basi ikatimia miezi 12 na Mfalme akasema muda umefika wa kupata mfalme mpya. Akaenda kwa mwanee Sema alipofika hakukuta kasri, akamuuliza Sema mwanangu kasri liko wapi? Sema akasema baba nitajenga kasri zuri sana wewe usijali. Basi mfalme akaondoka kwenda kwa Fikiri.

Alipofika kwa Fikiri naye akamuuliza kasri liko wapi? Fikiri naye akasema baba nafikiri kujenga kasri kubwa lenye nakshi za kutosha na bustani nzuri. Mfalme akaamua kuondoka kwenda kwa mwanee Fanya. Alipokuwa njiani kuelekea kwa Fanya aliona kasri kubwa na la kupendeza.

Alipofika aliita watu na kufanya sherehe kubwa sana na Fanya akapewa ufalme.

Hadithi hii inatufundisha kuwa tuwe tunasikiliza maagizo ya wazazi na kuyatekeleza.

**Imetungwa na,
Martine Simba
Shule ya Sekondari Njombe.**

**Una
hadithi
uliyotunga
mwenyewe?**

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

Hadithi isiyozidi
maneno 350





Mambo vipi, hii ndio ile sehemu yetu pendwa kabisaaa ya kujimwayamwaya! Sisi hapa tunajiachia vilivyo kwa kushirikishana vilivyojiri kupitia barua pepe info@feminahip.or.tz, SMS 0753 003001, mitandao ya kijamii Facebook, Instagram na Twitter kote huko unatupata kwa @feminahip. Wadau wetu makini kabisa wa Posta wanatupata kwa S.L.P 2065 nadhani mpaka hapo mtakuwa mshatufaham!



**NA HAWA NDIO
WALIOLONGA NASI
KUPITIA SMS 0753003001**

Hongereni sana Femina kwa kutuelimisha juu ya matumizi ya fedha na umuhimu wa kupanga bajeti. Ni mimi msomaji wa Fema.

Naitwa M. Sesa wa Rungwe. Hongereni sana Femina kwa kuelimisha jamii kwa mambo mbalimbali ya Afya ya Uzazi na Uchumi n.k katika maisha ya kila siku. Kiukweli nafurahia sana jinsi mnavyoelimisha jamii. Nimejifunza mengi sana kutoka katika majarida yenu na naomba muendeleo kuipatia jamii elimu ili Watanzania tubadili lifestyle zetu.

Big up sana Femina Hip! Mimi naitwa HALFAN MULU. Kiukweli nalipenda sana jarida la FEMA. Hii haijaanza leo! Toka niko shule ya msingi hadi sasa. Pia nimeona umuhimu wake Asanteni sana kwa kuelimisha na kuburudisha jamii.

Habari Femina! Ahsante sana kwa majarida yenu ya FEMA! Mimi ni mzazi! Nimefurahishwa sana na gazeti hili linavyoelimisha vijana wetu na kuwafanya wabadilike na kuwa vijana wazuri kimaadili! Hongereni sana na endeleeni na moyo huo utakaowaleta vijana kuwa TAIFA lenye nguvu na mshikamano baada ya sisi!! Naitwa Abdala Kassim wa kijiji cha Nyankende Kata Ya Nyankende Ushetu!



**SHAIRI LA SARATANI
YA SHINGO YA KIZAZI KWA
CHANJO SALAMA (HPV)**

Wasichana tuamke, tupate chanjo kamili
Mtetezi wa kizazie, bora na cha kustili
Kwakweli tuamke, tuweze stahimili
Wasichana tutokee, sote tuchamkeni.

Wasichana pia wake, washikamane kwa hili
Tufke hadi uzee, tuache mzaha kweli
Pamoja tushikamane, ili tupate kibali
Wasichana tutokee, sote tuchangamkeni.

Vijana pia wazee, tushikamane kweli
Wenyewe bora tujenge, kizazi shupavu hiki
Jamii jitoe, tuache uoga kweli
Wasichana tutokee, sote tuchangamkeni.

Kizazi bora ni kile, kinajiamini kweli
Kutokana na kivile, kuimarika jamani
Kila mtu bidii yake, tushikamane kwa hili
Wasichana tuamke, sote tuchangamkeni.

Imetungwa na Petro Marco.
Njombe Sekondari

Ujumbe. TUEPUKE TATIZO
LA SARATANI YA SHINGO YA KIZAZI
KWA KUPATA CHANJO.



TOLEO LETU LA 58 LILIBAMBA HATARI! WADAU KUTOKA FACEBOOK WALITUJUZA HAYA.

Tukaperuzi katika mitandao yetu ya kijamii na kukutana na walezi wetu ambao hawakutaka hata kidogo kubaki nyuma. Wao walichangamkia fursa ya kutupatia feedback:



Kazaroho Fema Club

Rwesabula Ludovick

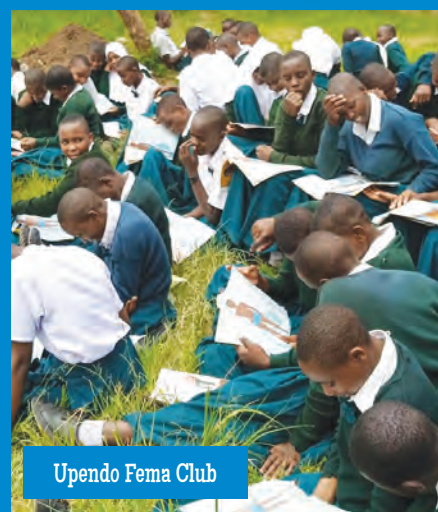
Juzi tulijadili page za mwanzo ila vijana walifunguka sana hasa juu ya saratani ya shingo ya kizazi niliulizwa maswali mengi hadi nimelazimika kuandika barua ya kumualika mtaalamu ikiwezekena kipindi kijacho (wiki ijayo) atakuwepo. Vijana wangu walipata vitu vingi sana.

Poliect Mwafrika

Leo tuliendelea na usomaji wa jarida letu pendwa na wanaclub walipeana challenge ya kila mmoja kusoma kwa sauti. Lengo ni kujua ni nani mwenye speed na pronunciation nzuri ya maneno. Walienjoy sana kusoma kwa pamoja japo wengine walikuwa busy na maandalizi ya umiseta. Hakika Empathy Fema Club imekuwa 🔥🔥 sanaa.

Steven Mabamba

Salam kutoka Ilemela Nundu Secondary. Vijana wanasema jarida limewafikiaaa. Mada kedekede tena za kusisimua zilizomo kwenye jarida zimekuja katika wakati muafaka. Kumekuchaa!! Tunauanza mwaka na elimu ya makuzi na mabadiliko ya kitabiaaaa. Twenzetuu Femina Hip!!



Upendo Fema Club



Tumo Secondary School



Kisingirima Secondary School



Wabongo wanasema, mambo yasiwe mengi. Twende tu moja kwa moja kwenye point. Toleo hili limezungumzia tamaduni, mila na desturi zetu Watanzania. Limeibua mengi, baadhi ya mambo huenda ikawa ni mageni kwetu, lakini mengine tunayafahamu na tunayaishi. Hii inatuthibitishia kwamba kumbe katika jamii zetu kuna stori kibao. Hata hapo ndani ya Fema Club yenu, shuleni kwenu, kwenye vijiji vilivyowazunguka, kuna stori nyingi tu kuhusu mila na desturi; zenye tija na zenye madhara. Tena, tuna hakika hapo ndani ya Club kuna waandishi mahiri, wachoraji, wapigapicha, watu wenye utundu wa kusanifu kurasa (graphic design), kuna waigizaji na watunzi wa stories, proofreaders ndo usiseme! Vipaji vya kumwaga!

CHALLENGE NO. 30

Sasa basi...

Challenge inayokuja kwenu safari hii inakwenda kwa jina: **A mini 'Fema' magazine**, yaani kjarida kidogo cha 'Fema'. Club yenu iandae kjarida kidogo mfano wa Fema (a mini Fema magazine), kuhusu mila na desturi katika jamii yenu. Kiwe na kurasa zisizozidi 20 lakini zispungue 10. Utundu ruksa. Hakikisheni kjarida chenu kina makala zinazosimua, zilizojaa elimu iliyowasilishwa kwa mtindo unaoburudisha. Si mnajua tena *edutainment* ndo mambo yetu? Ruksa kulipamba jarida lenu kwa picha, michoro, vikatuni na mbwembwe nyingine kadri mtakavyoona inafaa. Sio lazima makala zichapwe. Zinaweza kuandikwa kwa mkono tu kwenye karatasi ya kawaida. Hata kuandika kwenye daftari ruksa. Mengine hata nyinyi mtajiongeza. Kisha mtume kjarida chenu na ripoti fupi ya namna mlivyofanya challenge hii. Haya sasa, TWENDE KAZI!



GOMA
MWISHO LINI HILI?
Enhee. Deadline yetu ni
SEPTEMBER 15, 2021.
Na washindi
wataangazwa katika
toleo namba 61.



LAKINI TUSISAHAU

Kwamba bado kuna challenge no 29 inayohusu saratani ya shingo ya kizazi (cervical cancer) na muda bado unaruhusu. Msiitie kapuni aisee.

Tuwekane sawa kabisa

Kama kawa, washindi wa Club Challenge namba 30 watakuwa ni sita (6). Kutakuwa na mshindi wa kwanza na wengine watano. Mshindi wa kwanza atajishindia fulana 20 za Femina Hip. Washindi wengine watano watajishindia doti moja ya khanga kwa ajili ya shughuli za Club. Kila la kheri wadau.

**KWA MAWASILIANO TAZAMA UKURASA WA
MWANZO KABISA WA TOLEO HILI.**

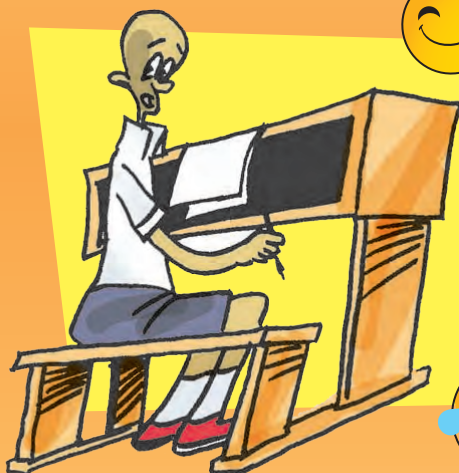
COMPETE & WIN

Compete and Win!!! Naam, lile shindano lenu kabambe, bado lipo kama kawa. Ni namna rahisi kabisa ya kujinyakulia Tshirt bomba kutoka Femina! Kumbuka, majibu ya maswali yote yanapatikana humu, hivyo ni rahisi mpaka basi!

Jinsi ya Kushiriki

- * Mtu yeyote anaweza kushiriki shindano hili.
- * Ni shindano la mtu mmoja.
- * Andika maswali na majibu yako katika karatasi nyingine, sio kwenye ukurasa huu.
- * Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili). Kwenye subject andika COMPETE & WIN.
- * Hakikisha unaweka anwani yako ya barua naikiwezekana weka namba yako ya simu.
- * Washindi watakuwa ishirini (20) na kila mshindi atajinyakulia fulana kutoka Femina. Changamka!

**MAJIBU
YATUMWE KABLA
YA JUNI 15, 2021**
Jinsi ya kutuma:
angalia anwani ukurasa wa
mwanzo kabisa.
Washindi watatangazwa
katika toleo no 60.



Teacher: I asked you to draw a bakteria, you gave me a white paper. Why?

Student: Sir, I drew a picture of bakteria but you can't see it with your naked eyes.

Washindi wa toleo la 59

1. Zuhura Ramadhani Juma, Kasimbu Sec, Kigoma
2. Latifa Mzamidu, Ashira Sec, Moshi
3. Emmanuel Johnface, Makambako, Njombe
4. Mwajuma Abdallah Kigoda, Tubuyu Sec, Morogoro
5. Martin Frank Martin, Galanos Sec, Tanga
6. Suwedi Kazembe Juma, Tosamaganga Sec, Iringa
7. Kilangi, Lufulondama Nteminyanda, Lukobe Sec, Mwanza
8. Lydia Laurent, Mshikamano Sec, Musoma
9. Omary Ndaki Omary, Kasimbu Sec, Kigoma
10. Happiness J. Katyale, Kayuki Sec, Tukuyu
11. Majaliwa S. Katwiga, Kamhanga Sec, Geita
12. Martine Simba, Njombe Sec, Njombe
13. Hakika Barnaba Mandili, Kigonsera Sec, Ruvuma
14. Kamuli J. Katemi, Roche Sec, Mara
15. Suzana G. Peter, Rajani Sec, Shinyanga
16. Sedrack Simon, Langwa Sec, Sikonge
17. Rukia Mihale, Mlola Sec, Makambako
18. Dotto Nkuba Maduhu, Chambo Sec, Ushetu
19. Rose C. Mgalla, Msense Fema Club, Mbozi
20. Efatha Tuesday Simae, Kata ya Lwiche, Rukwa

KULIA

3. Kuna panzi wenye rangi kama za bendera ya Taifa
4. Alivunja ungo akiwa darasa la pili
6. Hulima kwa umoja huku wakiimba
7. Ni pembe iliyotumika kuita watu
9. Alimsaidia Mzaramo kupigana na Mjerumani
11. Musasa Fema Club inapatikana wapi?
12. Ni wafugaji wakubwa sana
13. Ni Fema clubber kutoka Fukayosai
14. Ni moja ya magonjwa yaliyosumbua hapo kale

CHINI

1. Ni Mzigua na Mnyamwezi
2. Ni ngoma ya Wamakonde
5. Ndilo neno lililozaa jina Bagamoyo
8. Kuna watu wanakufa kwa kupoteza damu nyingi wanapofanyiwa kitendo hiki
9. Vijana wa kiume wa Kimaasai
10. Ni jina la chakula cha asili cha Warangi



Story time na Bibi

BIBI KAMA BIBI



KATUNI



femina
hip

SI MCHezo!

femina
hip

HALIUZWI

JULY - SEPTEMBER 2021

fema

*Madam
President,
you have
inspired us!*

*Kilichonikuta
siku ya mock!*

Laiti ninge....

*Kwani mtandao
wenyewe
unasemaje?*

DARES SALAAM

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Au kuna tatizo lolote la ufikaji wa
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Hello All!! Welcome to the first 100% fully digital issue of Fema Magazine! Clubbers; when in possession of a phone you can use, are you on Facebook? Instagram? Twitter? And mentors! Are you a member of our Fema Facebook Mentors Page? Well, we hope you are, and if not, sign up if you can! That's where you'll find our absolutely interesting and interactive Issue 60 of the Fema Magazine!

So! Let's dive right in and find out what this issue's theme is all about!

Ever heard about decision-making, problem-solving, creative thinking, critical thinking, communication, self-awareness, empathy, assertiveness, resilience, time management, interpersonal relationships or coping with stress and emotion? All of these and more, make up some of the most critical lifeskills that we all need to live an independent and productive life. So! Welcome to a Fema issue that is all about Lifeskills!

Our Cover Story is of the remarkable first female President of Tanzania; the Hon. Samia Suluhu Hassan. In this story, we delve into the musings around her presidency, as well as the key lifeskills that we observed she had, that make her all the more honorable as a president.

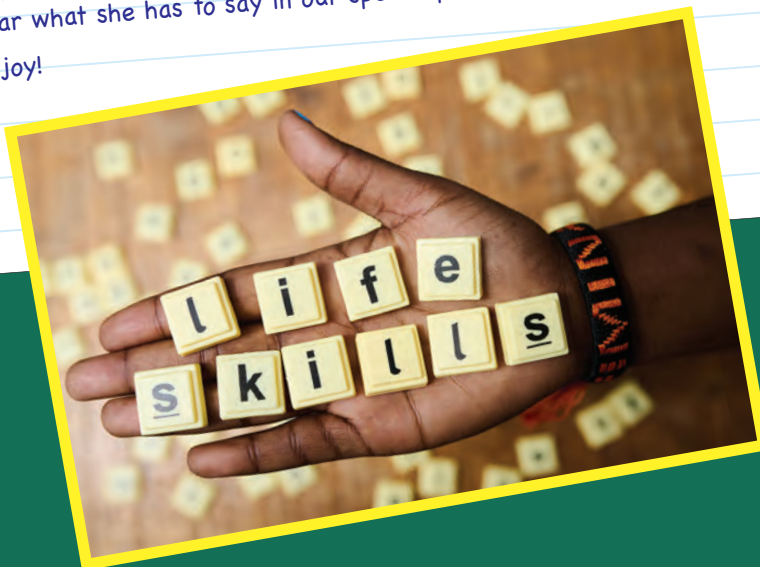
When it comes to money and finances, there are many lifeskills that we all need to learn and master. Can you guess which one we wrote about? Well, you won't have to guess for very long because you will soon find out. Watch this space! This article explores the reality of many of our lives and teaches us what we can do and how we can push through. Be sure not to skip this one!

Most of us have been in situations where we've often felt that "something just wasn't quite right." It was like a funny feeling of some sort! However, we had no idea what it was! Well, in our Lifeskills article, we talk all about it! We talk about Gut Instincts! What are they? Should you listen to them? Should you trust them? Again, watch this space. You will soon find out!

It's also the launch of the New Girl Power Team! Who are they? Where do they come from? What are their likes and dislikes, and most importantly, what do they stand for and believe in? Our Story Yangu has all the answers! They are amusing! They are fun and they are outstanding youth! We loved getting to know them and we are sure you will too!

To the parents, we have something for you too! Bibi has a few words of wisdom to share with us so let's snuggle closer to her and hear what she has to say in our special parenting article!

Enjoy!



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This issue of Fema is made possible by the generous support of the Governments of Sweden (Sida) and Denmark (DANIDA).

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ROYAL DANISH
EMBASSY
Dar es Salaam



NI FAHARI NA HAMASA; HISTORIA IMEANDIKWA.

Siku moja flani hivi nyepesi isiyokuwa na mambo mengi, nikafanya jambo ambalo huwa nalifanya mara kibao; Nikapiga stori na vijana wachache, tukafanya mazungumzo yasiyokuwa rasmi; si unajua vile vijistori vinavyoibuka tu kutokana na swali au maoni ya mtu. Hivyo yaani. Nikachokoza mjadala kuhusu mada ambayo bado ni moto; “mlijisikiaje siku Tanzania ilipopata Rais mwanamke kwa mara ya kwanza?” Majibu yalikuwa yanatiririka tu na kwakweli yalishiba, tena yalitufanya tuendelee kupiga stori bila kuchoka.

PRIDE AND INSPIRATION; HISTORY IS MADE.

BY AMABILIS BATAMULA
PHOTOS: IKULU GALLERY AND
@SULUHUSAMIA ON TWITTER

On a light day of leisure and ease, recently, I did what I do a lot; I sat down with a few young people for an informal chat, you know, those random talks that pop up from a question or comment. I teased with a question about the talk of town; “How did you feel the day Tanzania got the first female president?” Reactions were natural and detailed, and kept us going for over an hour.

Kwa baadhi ilikuwa ni hisia mchanganyiko kutokana na namna ilivyotokea. Ilikuwa ni furaha na huzuni. “Nchi yetu imeandika historia kwa namna nyingi; Tumempoteza Rais, sote tulikuwa katika majonzi tukiomboleza kutokana na kifo cha mpendwa wetu Rais Magufuli, na wakati huohuo tukawa na furaha kubwa ya kumwapisha Rais mwanamke kwa mara ya kwanza. Ilikuwa ni hisia mchanganyiko.” Wengine walimwaga **sifa**, wakasema “nchi nyingine zilikuwa zinatutazama na kusema ‘ona Watanzania, wanarithishana madaraka kwa amani, hata katika hali hii ya mshtuko na majonzi ya kuondokewa na kiongozi wao.’ Hii ilinifanya nijivunie kuwa Mtanzania,” Kwamba tumepata **hamasa** ni hisia ambayo ilijitokeza sana, hususan miongoni mwa wasichana, kama msichana mmojawapo alivyosema, “hii itawaongezea uwezo wa kujiamini wasichana wa Kitanzania na hata wa nje ya mipaka ya nchi. Baadhi ya watu wanaamini kwamba wanawake hawawezi kuwa viongozi, lakini wanawake ni viongozi kwa kuzaliwa, na Rais wetu mpya ni mfano mzuri.”

Ndipo tukaamua kutazama video fulani hivi YouTube ili tumfahamu vizuri zaidi Rais wetu. Ilikuwa ni video kutoka katika moja ya matukio mengi aliyowahi kuwa mgeni rasmi wakati akiwa Makamu wa Rais, ambako katika hotuba yake alizungumzia historia ya maisha yake. Ni wazi kwamba hakuamka tu asubuhi akajikuta ni kiongozi wa mfano. Tulijifunza mengi katika hotuba ile na tukahitimisha kwa *point* kadha wa kadha. Hapa nakuletea baadhi tu.

FANYA TATHMINI, BADILI MIKAKATI IKIBIDI

Katika hotuba ile anazungumzia jinsi ambavyo alikuwa anajipanga upya pale ambapo mambo hayakwenda kama alivyotarajia. Baada ya kuhitimu elimu ya sekondari, alipata ajira serikalini. Alitaka kuendelea na masomo lakini hali haikuwezekana kwa wakati ule. Alifanya kazi kwa bidii na kuhakikisha anakamilisha majukumu yake haraka na kwa usahihi. Kazi yake ya kwanza alikuwa ni Afisa Masjala katika Wizara ya Mipango na Maendeleo, Zanzibar. Uchapakazi wake ulionekana, akapewa majukumu zaidi na zaidi, na majukumu hayo yakamsaidia kukua na kuimarika zaidi.

Kwenye hili tulihitimisha kwa kusema, kumbe mambo yanapokwenda tofauti na matarajio, sio mwisho wa maisha. Jaribu namna nyingine.



For some it was the overwhelming confusion of **mixed emotions** given the circumstances under which it happened. It was both joy and sadness. “Our country made history in many ways; We lost an incumbent president, we were all sad mourning the passing of our beloved president Magufuli, and at the same time we were very happy swearing in the first female president. It was overwhelming.”

Others were consumed by pride, saying “other countries were looking at us and going ‘look at the Tanzanians, they have a peaceful transfer of power, even amid the shock and grief of losing their leader.’ That made me **proud**,” The feeling of inspiration was felt widely, especially among girls, as one girl expressed, “this is going to boost the confidence of a lot of girls in Tanzania and beyond. Some people believe that women cannot be leaders, but women are born leaders, and our new President is an example.” We decided to watch a YouTube video to learn more about her. It was a video from one of the many events she officiated when she was Vice President, and during her speech she tells her life story. Obviously, she didn’t become an inspirational leader overnight. We picked quite a lot of lessons from that speech and made a few conclusions. Here we share just a few.

ASSESS, CHANGE STRATEGY IF NEED BE

During that speech she talks about how she challenged herself when something didn’t go as she would have wanted. After completing secondary school studies, she got a job in the Government. She wanted to study further but circumstances weren’t permitting at that time. She worked hard instead and made sure she completed her tasks fast and with precision. Her first job was a Registry Officer at the Ministry of Planning and Development in Zanzibar. Her hard work was noticed, and she was given more and more responsibilities that in turn made her grow.

We concluded that it’s not the end of the story when things don’t go your way. Try another way.

MTAZAMO WA KUAMINI UNaweza - KUAMINI KWamba Uwezo wa MTU UNaweza UKAKUZWA.

Alielezea namna alivyokuwa akijituma zaidi ya vile ilivyotarajiwa kila alipopewa jukumu lolote. Hata pale alipokuwa ndio kwanza ameanza kazi baada tu ya kuhitimu masomo, huku akifanya kazi sambamba na wale wazoefu katika kazi, uchapakazi wake ulijidhihirisha. Kwa nini? Kwa sababu aliamini katika kufanya kazi kwa bidii, haraka na kwa viwango, na hayo yote yalionekana katika kazi alizozifanya; alipanda ngazi katika mashirika mbalimbali. Siku zote alihakikisha anajituma kuliko kawaida.

Ilifika wakati akagundua kwamba anahitaji kujiongeza zaidi aende *level* nyingine. Akaanza kujiendeleza katika kozi mbalimbali za kitaaluma na kitaalam, ikiwemo Takwimu, Utawala, Jinsia na katika chuo maarufu cha IDM Mzumbe, ambako alisoma Stashahada ya Juu katika Utawala wa Umma. Baadaye akajiunga na Chuo Kikuu cha Manchester na kupata Stashahada ya Uzamili katika Uchumi, na baadaye Shahada ya Uzamili katika Maendeleo ya Uchumi wa Jamii kupitia program iliyokuwa inatekelezwa kwa pamoja kati ya Chuo Kikuu Huria cha Tanzania (OUT) na Chuo Kikuu cha Southern New Hampshire.

*Hapa napo tukahitimisha kwamba kujiongeza
kunaweza kukuinua na kukupeleka hatua nyingine.
Kunaweza kudhihirisha uwezo wako na kukupa
nafasi ya kuutumia vizuri zaidi.*

USIMULIAJI - SANAA YA KUTUMIA MANENO NA VITENDO KUELEZA BAADHI YA VIPENGELE VYA STORI HUKU UKIRUHUSU WASIKILIZAJI KUTAFAKARI.

Ni mahiri wa simulizi! Katika wiki chache tu za Urais wake, Watanzania walishajenga mapenzi na hotuba zake, wakisubiri kwa hamu kusikia akitupia maneno mapya au adimu ya Kiswahili na kuacha ujumbe ambao unakumbukika. Katika mkutano nchini Uganda miezi michache iliyopita, vyombo vya habari vya nchini humo viliripoti kuliona jambo hilohilo hata katika namna Rais wetu anavyozungumza Kiingereza, wakapenda umahiri wake katika kucheza na lugha. Hotuba yake katika Bunge la Kenya wiki chache baadaye ilikuwa ni mfano halisi wa mtu ambaye akiongea utamsikiliza tu; hotuba yake inakushika.

*Tulihitimisha kwamba
stadi za mawasiliano ni muhimu sana
katika kuhamasisha jamii.*



GROWTH MINDSET - BELIEVING THAT ONE'S ABILITIES CAN BE DEVELOPED

She told a story of how she would deliver beyond expectation every time she was entrusted with a task. Even when she was just fresh from school and worked alongside professionals who had been working for years, her performance stood out. Why? She believed in working hard, fast and delivery of quality work, and that didn't go unnoticed; she climbed up organizational ladders. Her character has always been one that performs beyond her call.

In due course she realised she needed to challenge herself more. She enrolled on various academic and professional courses including Statistics, Management, Gender and at the famous IDM Mzumbe she studied Advanced Diploma in Public Administration. Later on, she attended the University of Manchester and earned a Postgraduate Diploma in Economics, and then obtained her MSc in Community Economic Development via a joint-programme between the Open University of Tanzania and the Southern New Hampshire University.

*We concluded that challenging yourself
can lift you to another level, it can sharpen the best in
you and put your abilities to greater function.*

UTHUBUTU - UJASIRI WA 'KUBAKI KWENYE RELI'

Aliingia katika siasa kwa lengo la kuhoji; kuwawajibisha viongozi ambao wanatoa ahadi lakini hawatimizi, wale wanaoripoti matokeo ambayo hayapo. Katika mchakato wa kugombea uwakilishi kupitia viti maalum, alikumbana na upinzani mkubwa. "Huyu mwanamke ametoka wapi?" watu walihoji. Hawakuwa wamemwona sana; familia yake ilikuwa imehamahama sana - baba yake alikuwa ni mwalimu na alikuwa akihamishwa shule moja hadi nyingine. Katika harakati hizo za siasa aliitwa majina; walimwita 'kigeo', mtoto mtundu asiyefanya anachoambiwa - kwa sababu alikuwa tofauti na wale waliokulia pale nyumbani; hakuwa akifunika kichwa chake, na alipenda kuvaa suruali - si jambo la kawaida kwa mwanamke wa Kizanzibari. Ilibidi abadilike ili akubalike na watu wa jamii ile na kupata nafasi ya kuwaonesha uwezo wake. Hatimaye alishinda na kuingia katika Baraza la Wawakilishi. Hapo akawa ameanza safari yake kwenye ulingo wa siasa.

*Tukahitimisha kwamba
ni muhimu kuyasoma mazingira ikiwa
unataka kutekeleza jambo.*



Alipanda hatua kwa hatua na sasa ni Rais wa Jamhuri ya Muungano wa Tanzania! "Kama vijana, kuna mengi ya kujifunza kutoka kwake, hususan kuhusu kuweka malengo na kujiamini."

STORY TELLING - THE ART OF USING WORDS AND ACTIONS TO REVEAL THE ELEMENTS OF A STORY WHILE ENCOURAGING THE LISTENER'S IMAGINATION.

She is quite a storyteller! In just a few weeks of her Presidency, Tanzanians had already grown fond of her speeches, waiting to hear her include less known, scarcely used Swahili vocabulary and messages that stick. At a summit in Uganda a few months ago, the local media reported a similar trend in her English presentation, falling in love with her language masterly. Her speech in the Kenyan Parliament a few weeks later was a thrilling display of someone whose speech commands attention.

*We concluded that
communication skills are very important
in creating influence.*

ASSERTIVENESS - BOLDNESS IN STAYING THE COURSE

She entered politics to question; to put to task those leaders who made promises and never kept them, those who referred to results that didn't exist. During the process of vying for a post as a special seat representative, she encountered a lot of resistance. "Where did this woman come from?" The seasoned asked. They hadn't seen her around a lot; the family moved a good few times - her father was a teacher and got transferred from place to place. During that political process she was called names; they called her 'kigeo', a naughty child who doesn't do what she or he is told - because her character was different from those who grew up in the home area; she wasn't covering her head and she was wearing trousers - not a typical woman in the Zanzibari setting. She had to adjust to fit in and get a chance to show what she is capable of. In the end she won and started serving in the House of Representatives. It was only the beginning of her political career.

*We concluded that learning
your environment is key when you embark
on a mission.*

**She grew in ranks and now she is
the President of the United Republic of Tanzania!**
"As young people, there is a lot we can learn
from her, especially with regard to our goal
setting and confidence building."

Je, WAJUA?

- * Mheshimiwa Samia Suluhu Hassan ni Rais wa sita wa Tanzania.
- * Alizaliwa Makunduchi, Zanzibar, Januari 27, 1960.
- * Ameolewa na ana watoto wanne.
- * Hafidh Ameir ndiye mume wa Mama Samia Suluhu Hassan.
- * Ni mwanamke wa Kwanza kuwa Makamu wa Rais nchini Tanzania na alipata wadhifa huo mwaka 2015.
- * Aliwahi kushika nyadhifa mbalimbali za Uwaziri kabla ya kuwa Makamu wa Rais.
- * Alikuwa Makamu Mwenyekiti wa Bunge la Katiba, Bunge ambalo lilipewa jukumu la kuandika Katiba mpya ya Tanzania, mwaka 2014.
- * Binti yake, Wanu Hafidh Ameir (ambaye alizaliwa mwaka 1982) pia ni mwanasiasa.



DID YOU KNOW?

- * H.E. Samia Suluhu Hassan is Tanzania's sixth President.
- * She was born in Makunduchi, Zanzibar, on January 27, 1960.
- * She is married and has four children.
- * Hafidh Ameir is the First Gentleman, that is, the husband of the President.
- * In 2015 she became Tanzania's first female Vice President.
- * She was a minister in various portfolios before becoming Vice President.
- * She was the Vice Chairperson of the Constituent Assembly tasked with drafting the Tanzania's new Constitution in 2014.
- * Her daughter, Wanu Hafidh Ameir (born 1982) is also a politician.

NA MSHINDI NI.....

Sabri Akbir Babu, mwanafunzi wa Kidato cha Tatu, Azania Sec. ya Dar es Salaam ndiye aliyebuka mshindi katika shindano la kuchora picha ya Rais Samia Suluhu Hassan. Tuliahidi zawadi ya *surprise*, na zawadi yenyewe ndio hii; kazi yake Sabri iko kwenye cover ya Fema! Hebu rudi kidogo uitazame tena. Kampatia eenh? Makofi mazito kwake tafadhali! Pongezi nyingi sana kwako Sabri. Zawadi nyingine kwako ni T-shirts tatu za rangi tofauti kutoka Femina Hip. Soon zitakufikia hapo Azania. Hongera na wengine mlioshiriki, ulikuwa mchuano mkali.





Tanga kunani?

Tanga 'ilivamiwa'! Yaani palikuwa hapatoshi! Walimu zaidi ya 70 ambao ni walezi wa Fema Clubs kutoka shule mbalimbali nchini walikutana katika jiji hilo hivi karibuni kupongezana, kufahamiana zaidi, kujifunza, kubadilishana uzoefu na kufanya utalii wa ndani ili kujionea uzuri wa nchi yetu Tanzania.

Hilo 'vibe' lake sasa!

Mkutano huu hufanyika mara moja kila mwaka, lakini mwaka jana uliahirishwa kutokana na COVID19. Kwa sababu hiyo, washiriki walikuwa wachache kuliko wale waliokuwa wamejipanga kushiriki mwaka jana ingawa pamoja na uchache wao, vibe lake halikuwa la kitoto! Sauti zilizopazwa katika mitandao ya kijamii, zilitosha kuwafikia wale waliolikosa tukio hilo.

Femina hatukucheza mbali

Timu ya kutosha kutoka Femina Hip makao makuu ilitinga ndani ya mkutano huo kuunga mkono juhudi za walezi hawa wanajitolea. Ni mara ya nne sasa walezi hawa wanajipanga na kufanya tukio hili kubwa lakini ni mara ya kwanza kwao kupokea ugeni mkubwa zaidi kutoka Femina Hip, akiwemo Mkurugenzi na waratibu wa Kanda zote saba za Ki-Femina. Palinoga haswa!

Shukrani ya Mkurugenzi haielezeki

"Nafurahi tumekuja. Asanteni kwa mwaliko na kwa fursa hii ya kufahamiana zaidi." Alisema Ruth Mlay, Mkurugenzi wa Femina Hip. "Tunawapongeza kwa juhudi kubwa mnazozifanya kuhakikisha vijana wa Tanzania wanapata mwongozo unaowawezesha kulinda na kujenga maisha yao. Asante sana."

Si kwingine, ni Usagara

Kwa siku mbili mfululizo, korido na kumbi za Shule ya Sekondari Usagara zilijaa mijadala ya nguvu. Utani haukukosekana, burudani nazo zilikuwepo. Kingine kikubwa kilichofanyika ni uchaguzi wa viongozi wapya wa kitaifa wa mtandao huu wa walimu wote walezi wa club za Fema. Mpaka sasa kuna Fema Clubs zaidi ya 2300 na kila club inasimamiwa na mlezi mmoja au wawili.

Kilichosubiriwa kwa hamu kikawadia

Siku ya tatu kukawa na mtoko matata. Ndani ya mabasi maalum, timu nzima ikaelekea milima ya Usambara na kutinga kileleni katika msitu maarufu wa Magoroto; mambo ya utalii wa ndani. Hakuna maneno yanayotosha kuelezea uzuri wa mahali hapo na furaha waliyokuwa nayo walimu baada ya kupaona *live*. Ee bana eeh, kuna ziwa lililochimbwa kwa mikono ya binadamu, limezungukwa na msitu mnene uliopandwa na binadamu. Acha kabisa!

Msitu wa Magoroto umesheheni michikichi ya miaka mingi kiasi kwamba mimea mingine imedandia na kumea juu ya michikichi hiyo. Inapendeza! Ndani ya msitu huo kuna viungo pia; hiliki, mdalasini na hata pilipili mtama! Watalii hao wa ndani pia walipata fursa ya kuendesha mitumbwi ndani ya 'Ziwa' Magoroto, kuvua samaki, kuogelea na mambo mengine kibao. *Selfies* zilipigwa mpaka simu zikazima!

Usiku wa kwaheri

Ilipofika wakati wa kuagana, kukawa na jioni moja tulivu yenye hotuba nyepesi, zisizochosha na washiriki wakapata nafasi ya kusakata dansi kidogo. Mwenyekiti wa kamati ya maandalizi, Mayombo Lutego (Tanga), alikuwa na haya ya kusema, "Kwa niaba ya uongozi na walezi wa Kanda ya Kaskazini, naomba niwashukuru nyote kwa kuja. Tanga inavutia, natumaini mme-enjoy." Mwenyekiti mpya, Eliud Kabengo (Simiyu), aliwapongeza na kuwashukuru walezi wenzake kwa kumwamini. "Pia tunawashukuru Femina Hip kwa uwezeshaji kwenye mkutano huu na kwa kuunga mkono shughuli tunazozifanya katika clubs."

Baada ya Kanda ya Kaskazini, sasa kijiti cha maandalizi ya mkutano wa 2022 kimeiangukia Kanda ya Kusini, pale mji kasoro bahari, Morogoro. Kila la kheri kwenu Moro.

MY REGION



Dimba la Mkapa



Kivuko cha Kigamboni/Magogoni



Said Said Aman

Stendi mpya ya mkoa



NA SAID SAID AMAN

Hello! Si mmesema tulipoandika kuhusu Dar es Salaam, wengi wenu mlikuwa hamjaingia Sekondari, kwahiyo irudiwe? Au sio? Sasa tunasema hivi, tumewasikia, inarudiwa. Safari hii msimulizi wenu ni mimi Said Said Aman, wa Chuo Kikuu cha Dar es Salaam. Haya, twende!

Kwanza tuwekane sawa....

Kama uliwahi kuja Dar es Salaam kwa kutumia barabara ya Morogoro, bila shaka ulishukia Ubungo. Haiko hivyo tena. Siku hizi tuna stendi mpya, inayokwenda kwa jina la Magufuli. Stendi hii iko Mbezi na ni mjengo mkali hatatee! Hata mtakaokuja kwa treni siku si nyingi zijazo mtafikia katika mjengo mpya pale stesheni, unaokwenda kwa jina, Tanzaniaite!

Unaweza ukaulizwa kwenye pepa.

Mkuu wa Mkoa wa Dar es Salaam wa sasa anaitwa Amos Makalla. landike somewhere kabisa hiyo. Ila tumewahi kuwa na wakuu wa Mkoa ambao majina yao yalivuma sana, akiwemo Yusuf Makamba, Abbas Kandoro na Paul Makonda. Mkoa huu unaundwa na wilaya tano: Kigamboni, Ubungo, Ilala, Temeke na Kinondoni.



Ubungo ndo kumekuwa hivi



Sanamu lenye historia ndefu





Serena: Moja ya hoteli kubwa jijini

TWENDE NIKUTEMBEZE! CocoBeach

Dar es Salaam iko pembezoni mwa Bahari ya Hindi, hivyo tuna beach za kumwaga! Beach nyingi ziko ndani ya hoteli zinazomilikiwa na watu binafsi, hivyo unaweza ukahitajika kulipa kiingilio. Lakini tuna beach moja maarufu, hapo hakuna kiingilio, inaitwa Coco. Hapo mwanangu utapata mihogo matata ya kukaanga, iwe masika, iwe kiangazi. Kitu cha muhogo kinasindikizwa na mishikaki fulani hivi, midogooo, mitamuuuu, unaweza kula hata hamsini peke yako. Najua umeguna, ila ukija utaona mwenyewe.

Town kuko bize

Kwa Dar tukisema town tunazungumzia eneo litwalo Posta a.k.a mjini kati, a.k.a downtown. Kabla ya Serikali kuhamia Dodoma, ofisi nyingi za Serikali zilikuwa Posta na mishe za watu wengi zilikuwa huko. Sasa hivi sehemu ya Posta ambayo iko bize kama zamani ni Kivukoni, au tuseme soko la Samaki, Ferry na Ferry ya boat ziendazo Zanzibar.

Tuna uwanja wa ndege wa kimataifa

Dar ni jiji la kibiashara, hivyo hupokea wageni kibao. Kwa wale mtakaojaaliwa kuja kwa usafiri wa anga, mtatua Uwanja wa Ndege wa Kimataifa wa Julius Nyerere (JNIA). Ni uwanja mkubwa, midege mikubwa hutua kila siku kutoka ndani na nje ya nchi. Njoo ushangae kidogo.

Tuhamie michezoni

Tuna viwanja vikubwa vya michezo kama uwanja wa Taifa unaokwenda kwa jina la Benjamin Mkapa. Tunao pia Uwanja wa Uhuru, almaarufu, shamba la bibi, na viwanja vingine vinavyomilikiwa na vilabu vya soka. Katika kabumbu sasa, jiji hili linajumuisha miamba ya soka la Tanzania, yaani Simba SC na Yanga FC, udambwidambwi na manjonjo mengi hutokea na kulichangamsha jiji hili ikaribiapo mechi ya watani hawa wa jadi. Utapenda!



Vivutio vya Jiji

Mji huu una vivutio vingi vya kitalii kama vile Kijiji cha Makumbusho, Makumbusho ya Taifa, Dar es Salaam Zoo – mahali ambapo unaweza kujionea wanyama mbalimbali, hata yule mfalme wa mwituni, Simba. Vingine vitakavyokuvutia ni usafiri wa mwendokasi, malls kubwakubwa kama Mlimani City, soko letu kubwa la Kariakoo, hoteli kubwa za kitalii kama Serena hivi, hospitali kubwa kama Muhimbili na Tawi lake jipya, Mloganzila, vivuko vya Kigamboni na majengo mengine marefu yanayochipua kama uyoga nje kidogo ya jiji. Karibu usafishe macho.

Tujikumbushe sanamu ya askari!

Sanamu ya askari iliyopo mtaa wa Samora na Maktaba jijini Dar es salaam ilisimamishwa pale mwaka 1927, ikiashiria ukumbusho wa Askari wa Kiafrika walioshiriki katika Vita ya Kwanza ya Dunia, wakiwa kama wabeba mizigo wa askari wa kizungu. Na usilolijua kubwa zaidi juu ya sanamu hii, ni kwamba, ilichukua nafasi ya sanamu ya Wissmann iliyosimamishwa hapohapo mwaka 1909 kwa kumbukumbu ya meja Hermann Von Wissman, Gavana wa pili wa Afrika Mashariki ya enzi za Mjerumani.

Ujenzi umepamba moto

Jiji hili limejengeka kwa kasi na ujenzi unaendelea kila uchao. Tuna madaraja mengi, mazuri, ambayo yamepunguza foleni barabarani. Baadhi ya madaraja hayo ni Daraja la Juu la Mfugale na Daraja la Juu la Kijazi (Kijazi Interchange) na Daraja la Kigamboni, maarufu kama Mwalimu Nyerere Bridge. Hapo sijazungumzia upanuzi wa barabara mbalimbali za jiji hili unaoendelea hivi sasa na kulifanya jiji linoge!

Ushauri wangu kwako ni mmoja tu; Ukipata nafasi, karibu Dar es Salaam!!



Ukisikia Mloganzila ndo hii





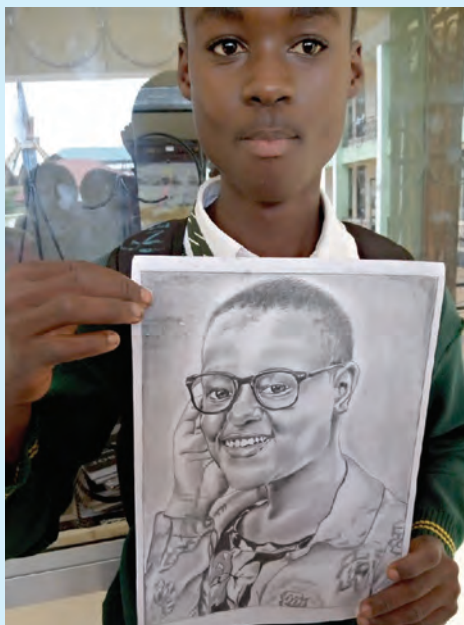
Vipaji Vipaji Vipaji

fema
club



Kwenye Fema Clubs, aisee kuna vipaji. Dah! Yaani, tulikuwa hatujui kwamba nyinyi sio wa kuwachukulia poa! Mnachora jamani! Kwa kweli jopo letu la majaji lilikuwa na wakati mgumu sana kuchagua washindi.

Eeh Eeh! Hivi kumbe nimejisahau hata sijawasalimia. Mnisamehe jamani, kumenoga kupitiliza. Mambo vipi? Mnaendeleaje kwenye clubs? Likizo ilikuwaje? Tunawapenda sana na tumewamiss mno! Sasa basi, ukiacha shindano la kumchora mkuu wa nchi, tulikuwa na zoezi jingine la kuchora kitu chochote tu utakachojisikia kukichora. Hapa napo tumepata washindi, ingawa lazima tukiri kwamba haikuwa kazi rahisi kwa majaji kuamua michoro ipi imebamba zaidi. Hapa napo zawadi ya kwanza ni mchoro wako kupata nafasi ya kuchapishwa kwenye jarida na ya pili ni T-shirt moja ya Fema kwa kila aliyeibuka mshindi! Washindi wetu ni hawa hapa!



Wapi Newton Ngemela Nelson?

Hakika Bukoba Sec imejaliwa vipaji haswaaa! Newton Ngemela Nelson, wewe ni noma! Ukicheki alivyochora nywele, masikio, miwani, hadi kicheko aiseee! Utadhani ni picha ya mdada kumbe ni mchoro! Mi nawashauri wanaFema muendeleze vipaji vyenu! Kamwe msivitupe!



Wapi Festo Owen Ndile?

Nyinyi, kuna watu wanajua hadi wanaboa yaani. Hebu ona mwenyewe. Hii picha yenyewe tu ikitundikwa mahali hivi, ina uwezo wa kuwashawishi watalii watembelee mbuga za wanyama na wasibishe. Ona sasa, nimesema picha wakati ni mchoro ulionakshiwa kwa ustadi wa hali ya juu. Mi hata sina mengi ya kusema hapa ila kutoa tu pongezi za dhati kwa Festo Owen Ndile wa Mbeya Sec.



Nehemia Kennedy, uko pande zipi?

Hivi mnamkumbuka Irene? Mjasiriamali mmoja *amazing* alikuwa kwenye toleo namba 57? Basi mwanaFema mwenzetu, **Nehemia Kennedy** kutoka Malangali Fema Club amemchora kama alivyo! Nehemia aliona isiwe tabu, ya nini nipate shida kutafuta '*inspiration*' wakati Fema wana tu-*inspire* sana? Akaamua kuonyesha kipaji chake kwa kumchora Irene. Si unamuona hapo alivyotokelezea?!

Benedict Kaitila, wewe ni Injinia

Ukiiangalia hii picha unaweza ukaingia humo ndani ukaanza kutembea kabisa na hata usijingonge wala kuanguka. Hii ni picha moja ya kibabe sana, haraka haraka unaweza kusema rafiki yetu hapa anasomea usanifu majengo, kumbe ni kipaji tu. Aisee! Benedict kutoka pande za Nyachiluluma Fema Club ya Geita, umetisha sana.



Dismas Mushi! Wewe ni hatari!

Hapo kachora jicho tu! Jicho na chozi lake! Je angechora uso mzima ingekuwaje? Si tungebaki midomo wazi! Wadau, huu mchoro *amazing* umechorwa na Dismas Mushi wa Mbeya Sec. Na ningekuwa mwalimu wake, hii kwangu ni mia kwa mia!



Abubakar Shabani Hasani! Umetisha!

Huyu bwana amechora noti ya shilingi elfu kumi. Ilipowekwa ubaoni kila mtu ofisini alifikiri ameshika hela kweli, baada ya kusanuliwa wakabaki "ebwana eeee, dogo noma." Si huwa wanasema hata mbuyu ulianza kama mchicha? Tusije kushangaa siku mwana-Fema huyu akiwa ni mfanyakazi wa kiwanda cha kuchapisha fedha. Abubakar Shabani Hasani ukiwa hapo Kwagunda Sec, Korigwe, makofi mengi kwako!





Praygod Mboya! Unajua kwamba uko juu?

Kila nikiiangalia hii picha navutiwa sana na jinsi ambavyo mchoraji, Praygod Mboya, kutoka Malangali Fema club Iringa, hakuwa mwoga kutumia penseli yake na kuipa uzito *tone* ya picha yake kwa kuweka vivuli ambavyo vimeifanya ivutie mno. Hivi picha kama hii ingeachaje kuchaguliwa jamani!



Emmanuel Mwasomolwa, keep it up!

Bodaboda hii na we mwana-Fema unaionaje? Mshikaji ana kipaji au hana? Kwa stadi za uchoraji kila kitu kimekaa mahala pake. Hongera sana Emmanuel Mwasomolwa Kutoka Mwasisi Fema Club iliyopo pale Tukuyu. Huu ukali unaouonesha sasa baadae utakuwa moto wa kuotea mbali kwenye michoro, endelea kukaza kamba.



Eliphaz Kilingi, uko wapi vile?

Umeshawahi kusikia mji kasoro bahari? Ndio huu hapa sasa. MwanaFema kutoka Ilongero Fema club ametisha na nusu kwenye hii kazi. Kama ungekuwa jaji, we ungempa alama ngapi hapa? Anaitwa Eliphaz Kilingi, mchoro wake mtamu, hauishi hamu!



Sophia Busanji, nimekuelewa hapa

Baharini kuna kila aina ya samaki, lakini huyu huwa tunasikia tu stori zake. Wengine wanaamini yupo wengine wanaamini ni kama ndoto za alinacha tu. Sophia Busanji, kutoka Buyuni Sec, kaamua kumchora hivi. Yuko njema sana.



Sylvester Matiku, umeipaisha Sengerema

Rais wa Jamhuri ya Muungano wa Tanzania, awamu ya 5, aliugusa moyo wa Sylvester Matiku kutoka Sengerema, akaona ngoja niwakilishe na hii na kutupia ujumbe wake pale juu wa R.I.P. Kila kitu kilikaa mahala pake kiufundi kwenye hii picha kiasi kwamba unaweza uka l print na kuining'iniza kabisa. Hiyo style ya ku *shade* hapo inaitwa *cross hatching*. Big up sana kwako.



NASH

Zamu hii, mimi dada yenu Nash, nataka ku-*share* na nyinyi maoni yangu kuhusu ujana. Wengine wanasema ujana maji ya moto! Wanamaanisha nini? Cha kwanza kabisa, ujana ni muda mzuri sana, tuelewane kabisa kwenye hili. Ujana ni muda ambao mtu unapaswa kufurahia maisha, na ni muda ambao mtu una uwezo wa kufanya mambo mengi yatakayo kuwa na faida kubwa katika siku za baadaye.

Ujana pia ni muda ambao unapaswa kufanya maamuzi kwa ajili ya maisha yako, na ni kipindi pia cha maandalizi na kipindi cha kujijenga. Mimi naamini katika kujifunza vitu mbalimbali, hasa vile ambavyo unaweza ukaona havina umuhimu leo, lakini hujui maisha yako ya baadaye, uthubutu huo unaweza kukusaidia kujua kama hili suala linakufaa au halikufai.

Sasa basi, moja ya vitu muhimu ambavyo kijana anapaswa kuvifanya katika wakati wake wa ujana ni kujitambua, kuwa na ndoto na kufanyia kazi ndoto hiyo au hizo. Kwa mfano, unalenga kuwa mfanyabiashara, unapaswa kujiuliza je, nina wazo la biashara? Naweza kuanza kuweka akiba kidogokidogo kwa kilekile kipato ninachopata, iwe kwa kupewa na wazazi, rasilimali zinazonizunguka au iwe kwa kutumia kipaji nilichonacho? Kwa kufanya hivyo unarahisisha uwezekano wa kuifikia ndoto huko mbeleni kwasababu tayari una mkakati uliojiwekea na ukauheshimu. Ni muhimu pia katika kipindi hiki kujifunza kutengeneza mahusiano na watu ambao wanaweza kukuongoza katika ndoto zako. Hawa ni watu walio na fikra pana zaidi na watu wenye nia thabiti ya kuleta mabadiliko chanya katika jamii. Pamoja na hayo, upo msemu usemao "*ukitaka kwenda haraka, nenda peke yako, ukitaka kwenda mbali nenda na wenzako*," ni muhimu kuwa na watu ambao watakukumbusha pale utakaposahau, kukuinua utakapoanguka na kukupa moyo pale utakapokata tamaa. Ni hayo tu kutoka kwangu kwa leo.

Tukutane toleo lijalo,
Wenu,

Nash



Excellly Ruben, nakuita!

Uwezo wa wasanii kutoa taswira ya matukio yanayotokea katika jamii ndio unaoipa jamii husika namna bora ya kujitafakari, kujirekebisha na kujipambanua kwa namna bora zaidi. Mmoja wa wana Fema, Excellly Ruben toka Iganzo Sec huko Mbeya, naye ameamua kututafakarisha kwa namna bora zaidi. Michoro imetulia na rangi zimekwenda shule.

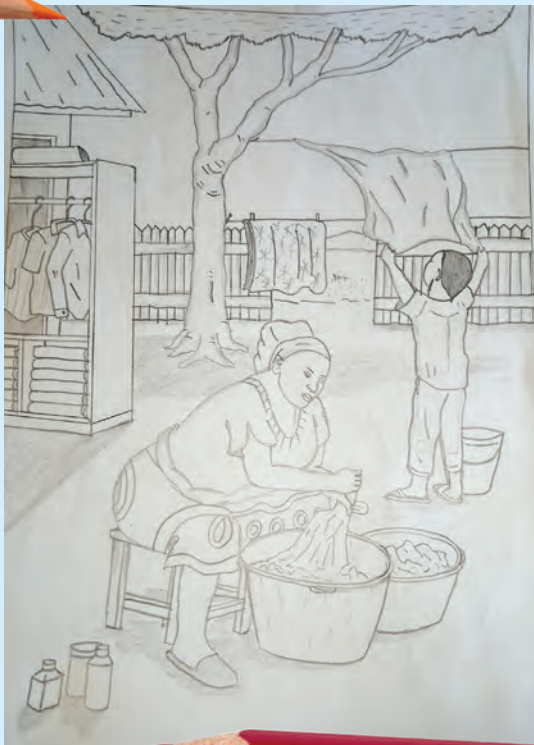


Doreen Daniel! Nakuita mara tatu!

Sidhani kama kuna mwana-Fema yeyote atakayekosa ajira pindi amalizapo elimu yake ya chuo kikuu. Labda awe ameamua mwenyewe. Maana sio kwa vipaji hivi! Doreen Daniel, fani ya usanifu majengo inakufaa kabisa. *Hi five* kwa kuchora nyumba nzuri hivi. Milango, madirisha, na vitu vyote vimekaa sawa sawa kabisa! Soma kwa bidii uje utuwakilishe!

Mponda Nyanga. Tumekubali!

Sisi tunaamini Mponda Nyanga kutoka Naliendele Sec huko Mtwara alikaa akatafakari ni kitu gani achore katoka shindano la uchoraji la Femina. Akatazama nje, akamuona mama akiwa busy. Ndipo alipoketi na kumchora kama alivyo. Wow! Sio tu kwamba ni picha nzuri, lakini pia ni njia nzuri ya kuonyesha shukrani kwa mama. Big up Nyanga!



Juma Nassoro, nitakutafuta!

Mimi nasema hivi, sijui hili shindano lirudiweeee! Maana vipaji ni vingi na muda ni mchache! Hapa tunaona mchoro mwingine wa jicho. Hili pia limetoka kama lilivyo! Hii ni kazi yake Juma Nassoro kutoka Kimani Fema Club iliyopo kule Kisarawe. Hongera sanaaa!

Swed Hamisi! Kipaji unacho.

Mi hata sitaki kumaliza utamu hapa. Swed Hamisi kutoka Ilongero Fema Club ya Singida kachora hivi.



Neno moja kwenu nyote!

Tunawapongeza wale wote walioshiriki katika shindano hili! Tulipokea picha nyingi mno, tusingeweza kuchapisha zote kwenye jarida, si mnaona wenyewe kwamba nafasi ni finyu? Lakini, picha nyingine hatujazitia kapuni, la hashu. Nazo zitapata shavu kwenye mitandao yetu ya kijamii.

Kwa wale wenye nia ya kuendeleza vipaji vyao vya kuchora, tunawashauri mtembelee taasisi yoyote iliyo karibu nawe ambayo inatoa elimu ya sanaa, ili mkavinoe zaidi vipaji vyenu. Au vipi? Hadi wakati mwingine, Ciao.



GLORY

Wakati kila mtu anaendelea na shughuli zake mbalimbali, ghaffa tangazo la kwamba matokeo ya mitihani yametoka linasikika kwenye redio. Iwe matokeo ya darasa la nne, la sita au hata chuo kikuu, kifuatacho ni kimoja tu; wanafunzi, pamoja na wazazi wao, wanaacha kila kitu, na kukimbilia katika mitandao mbalimbali. Wote wana kiu ya kujua matokeo yakoje.

Haya sasa, kwa wanaofaulu vizuri, ni sherehe kedekede, kwa waliofaulu kwa wastani, nao hutabasamu hapa na pale, na kwa wasiofanya vizuri, mawazo ya nini kifuate huwanyima usingizi.

Miezi kadhaa baadae, mitaa yote imejaa wahitimu, bahasha za khaki mkononi, wote wakiwa na lengo moja; kupata ajira.

Kama ambavyo mnajua, ajira ni changamoto. Tunatamani vijana mjiandae na kujipanga kuikabili changamoto hii. Waswahili wanasema changamoto ni fursa. Unavyo vyeti, umepata masomo ya darasani, safi sana, hivyo vyote ni muhimu, lakini unahitaji kitu kingine. Ni nini kingine unacho ambacho kinakutofautisha na wahitimu wengine? Ni stadi za maisha zipi ulizonazo?

Pamoja na masomo ya lazima ni muhimu kutafuta ujuzi wa ziada ambao utakusaidia wewe unapokutana na changamoto za ajira katika mfumo rasmi. Jifunze kujielezea na kupambanua mahitaji yako unapoomba au kutafuta kazi kulingana na changamoto zilizopo. Ikiwezekana fanya shughuli za kujitolea ili ujitengenezee nafasi ya kupata unachokitaka. Sitakupa majibu yote. Lifeskills nyingine kazitafute uzijue, kisha utanipa mrejesho.

Ciao

Glory



Dondoo za bibi

Bibi ameketi katika kigoda chake pendwa, vidole vyake vinapishana katika mtindo ambao hutochoka kuutazama. Akili yake imetulia tuli kama maji mtungini! Anafuma. Muda si mrefu yatatokea masweta yanayovutia kwa rangi na kwa ubora. Yanafumwa kwa ajili yetu, tutavaa. “Njoo hapa mjukuu wangu,” anaita kwa sauti ya chini, nami natii, nasogea bila kuchelewa. Naketi karibu naye na kumsikiliza kwa makini, hiki ndicho anachoniambia;

“Mjukuu wangu, ujana si lelemama. Hivyo kuna mengi unayopaswa kuyafahamu. Kila kunapopambazuka, amka, tandika kitanda chako, piga mswaki na usafishe mwili wako wote, sehemu tunazoziona na tusizoziona, kwa sababu maji ya asubuhi yana baraka zake; yanang’arisha, yanakufungulia milango ya siku. Msabahi mama yako, na baba yako, waoneshe heshima na shukrani, kwani waliliona jua kabla yako. Wahudumie mama na baba yako, waandalie chai na chakula, kwakuwa vitu hivi vidogovidogo unavyowafanyia kwa upendo ndivyo vinavyoweza kufidia, walau kwa kiasi fulani, mambo makubwa waliyokufanyia. Popote utakapokuwa, jitume. Iwe kwa mjomba au kwa shangazi, jitingishe. Umuhimu wako uonekane, ukiondoka wakukumbuke, waseme, angekuwepo fulani, hiki kingeshafanyika. Soma kwa bidii, weka akili na moyo wako wote katika kitabu maana nadhani sihitaji kukukumbusha kwamba elimu ni ufunguo wa maisha. Zungumza, jiamini, kwani kujiamini kwako ndicho kitu cha kwanza kitakachokutambulisha. Lakini, yatumie mambo haya kwa hekima! Siku zote kumbuka kwamba kuna watu wanaofahamu mengi kuliko wewe, jishushe, wasikilize, jifunze kwao pia. Wanasema, rafiki zako waweke karibu, maadui waweke karibu zaidi, lakini mimi nasema walete nyumbani kwa mama na baba. Wazazi wako wana busara ambayo huwezi hata kuikaribia, hivyo watakwambia yupi ni mzuri na yupi ni mbaya. Wajibika kwa matendo yako, usikatae unapokosea. Unapokuwa na ujasiri wa kuwajibika unapokosea, ndipo utakapokuwa na ujasiri wa kujifunza kutokana na makosa. Unafahamu mengi, nina hakika, lakini, usijikweze mbele ya wazazi wako. Jishushe. Unaweza kuwa umezaliwa na kukulia katika kizazi ambacho ni tofauti na chao, lakini nidhamu yako ndiyo itakayokupa nafasi ya kusikilizwa kuliko maneno unayoyazungumza. Kuna mstari mwembamba sana baina ya kujiamini na majivuno, hivyo hakikisha unajua uchezee upande gani wa kijimstari hicho. Siwezi kukuzuia kutoa mawazo yako, lakini nakutahadharisha kuwa makini na ulimi wako. Kila kitu kina wakati wake na mahala pake, hivyo usikimbilie makubwa ungali mdogo. Ulimwengu una namna yake ya kutufundisha, hivyo wakati wako ukifika hakuna atakayekuzuia kupata raha za dunia.

Umenielewa mjukuu wangu?





Pembeni ameketi mwanamama. Ni bibi wa binti yangu, lakini pia ni mama yangu. Amejipumzisha vizuuuri katika kigoda chake. Mikunjo yake kwenye ngozi ni kama ramani ya kukufikisha kwenye moyo wake. Kila ninapotazama mikunjo ile ni kama nauona ushahidi wa busara zake. “Njoo hapa mwanangu,” ananiita kwa sauti ya chini sana, nami natii, nasogea haraka. Naketi pembeni yake na kumsikiliza kwa makini, hiki ndicho anachoniambia;

“Mwanangu mpenzi, malezi si lelemama. Kuna mengi unayopaswa kuyajua. Wafundishe kutandika vitanda vyao, kuoga na kuchana nywele, kwani ni kupitia vitu hivi vidogovidogo ndipo watoto wanapoanza kujifunza namna ya kujihudumia. Mvulana anaweza kupika sawasawa na msichana, usimnyime nafasi ya kuurutubisha mwili wake ukaliweka jukumu hilo kwenye mikono ya mtu mwingine. Naweza kuwa mzee sana, lakini siwezi kusahau, kwamba nimekuwa nikikueleza kuwapa watoto wako malezi na fursa sawa. Wasomeshe na uwapongeze kwa usawa kulingana na juhudi ya kila mmoja, kwani hii itawajengea nidhamu. Usiache jukumu la kuwapatia mahitaji liwe la mtu mwingine. Hapana. Ni lako. Wewe na mwenzi wako ndio wazazi wa watoto hawa, hakikisheni wanapata majitaji yao, hasa yale ya msingi. Usichoke kuwafundisha na kuwakumbusha kuhusu maisha, kwani dunia ni katili, inafundisha kwa njia ngumu na haijali. Usiache dunia iwafundishe. Watakulaumu. Waeleze umuhimu wa kuzingatia usalama, uaminifu na ukweli, na hizi ni stadi ambazo siku moja zitaokoa maisha yao. Warekebishe wanapokosea na uwapongeze wanapofanya vizuri ili wajue kwamba sahihi ni sahihi na kosa ni kosa. Hakikisha huwapi adhabu zenye madhara lakini kuwarekebisha kutakutengenezea watoto wenye tabia njema. Wafundishe jinsi ya kuchagua marafiki wazuri, na hakikisha unawafahamu marafiki zao wote. Marafiki pia hutengeneza maisha ya mtoto, hivyo ni bora akawa na marafiki wanaofaa tangu mwanzo! Sikiliza, sikiliza, sikiliza bila kuchoka. Unadhani watamweleza nani kama si wewe? Usiwashinikize kuoa wala kuolewa, iwe kwa lengo la kukuza ukoo, wala kwa lengo la kujipatia mahari. Ruhusu kila mtoto achague njia yake, na ausikilize moyo wake hasa katika mambo makubwa kama haya yanayoweza kuwa na athari katika safari ya maisha iliyo mbele yao. Nina mengi ninayoweza kukueleza, rundo la mambo ninayoweza kukufundisha, lakini siku nilizokwishaishi ni nyingi kuliko zilizosalia, hivyo, fanya kazi yako, kubali jukumu lako, na ufanye kila uwezalo kulea watoto katika namna inayopendeza.

Umenielewa mwanangu?

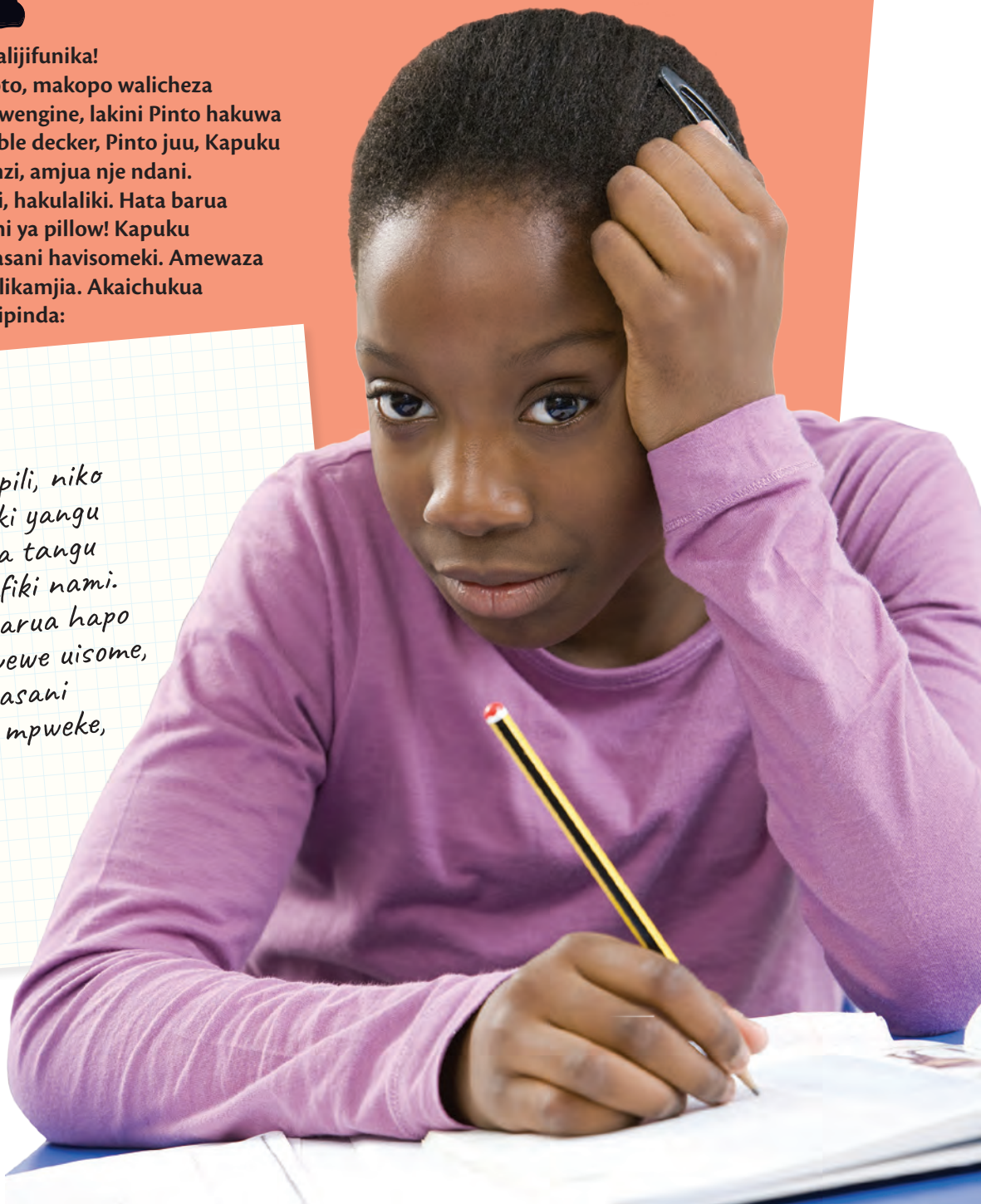


Ya Kapuku na Pinto!

NA PENDO MASHULANO

Kapuku alilia! Gubigubi alijifunika!
Rafiki yake wa tangu utoto, makopo walicheza
wote! Alikuwa na wengi wengine, lakini Pinto hakuwa
na kifani! Walishare double decker, Pinto juu, Kapuku
chini. Msiri wake toka enzi, amjua nje ndani.
Sasa hawaongei, hakuliki, hakulaliki. Hata barua
hakupewa, iliwekwa chini ya pillow! Kapuku
amechanganyikiwa, darasani havisomeki. Amewaza
na kuwazua, wazo moja likamjia. Akaichukua
karatasi, na kalamu akajipinda:

*Mpendwa Anti Cos.
Naitwa Kapuku Kipilipili, niko
Kidato cha Pili. Rafiki yangu
kipenzi, tuliyepondana tangu
msingi, amevunja urafiki nami.
Ameniandikia hiyo barua hapo
chini. Naomba na wewe uisome,
na unishauri... Darasani
hakukaliki. Najihisi mpweke,
najiona mkosaji...*



Kapuku umeniudhi! Tena umenichefua! Sikuwahi kufikiria, unaweza fanya hivi! Ila Kapuku....! Siamini macho yangu! unakumbuka furaha yangu, tulipopangwa Kilakala? Niliiruka bila stepu, nikakanyaga kijinga. Kikanichoma kisigino, hadi leo nina kovu! unakumbuka? Haiwezekani umesahau. Tulipangwa bweni moja, na darasa likawa moja. Prep twaenda pamoja, dinning tuko sambamba, wakatuita mapacha, tena wakasema twafanana. Nikasema Mungu kajalia, kumbe shetani yuko kazini! ulivianza vituko, kutwa kunisengenya. Marafiki ukajichumia, wengine sio mie. Huishi kunitangazia, eti lofa sina kitu! Naona sasa kwamba ilikuwa kosa kufahamiana, undani kujuana! Yote nilipotezea, tena nilivumilia. Ila ya leo Kali, kunyamaza nimeshindwa! Hivi wewe wa kunisingizia Kapuku, eti nakuibia kauntabuku! Kama hiyo haitoshi, eti na Peni na Penseli! Anyway! Nimeanza bila salaam, namaliza bila kwaheri. Kukusalimia najichosha, kukuaga najisumbua. Sina mengi, nimemaliza, urafiki nahitimisha.

Pinto



Mpendwa Kapuku,
Pole kwa yote. Nimepokea maswali mengi yanayoendana na swali lako.
Kwa faida yako na ya vijana wote, naomba nitoe darasa hapa.

Kapuku, sote tunahitaji marafiki

Safari ya maisha si lelemama. Kuna marafiki mtaachana njiani, na kuna wapya utakaokutana nao. Ni ukweli usiofichika kwamba duniani tunahitaji marafiki. Wanacheka nasi wakati wa furaha na kulia nasi wakati wa huzuni. Tunasafiri pamoja nao katika safari ya maisha, wanatusukuma kufukuzia ndoto zetu. Wanatufundisha upendo, ku-share na kujali wengine. Wanatutia moyo na nguvu ya kujiamini.

Kapuku, nakuelewa

Kuvunjika kwa urafiki kunaweza kukuweka katika hali ngumu. Uchungu wake unaweza kulinganishwa na msiba. Ndiyo, msiba. Lakini, *tips* hizi zitakusaidia kukabiliana na kipindi kigumu unachopitia.

- * Kukabiliana na hisia mbalimbali zitakazokuwa zikikujia; hasira, huzuni, kujilaumu nk. ni stadi muhimu ya maisha. Jifunze kukabiliana na hisia hizi kwa kuwa katika maisha, zitajitokeza tena na tena kwa sababu mbalimbali.
- * Omba msaada; Kuvunjika kwa urafiki kunaweza kukufanya ujisikie mpweke na kukuletea msongo wa mawazo. Zungumza na mtu unayemwamini. Mweleze kama unataka awapatanishe au akusikilize tu.
- * Kumbuka mazuri tu, mabaya potezea; badala ya kuwaza ni mara ngapi umemkosea au amekukosea, waza ni mara ngapi alikufurahisha au ulimfurahisha. Itakuwa rahisi kwako kusamehe na kusahau.
- * Jipe muda; kidonda cha kupoteza rafiki kinachukua muda kupona. Jaribu kuzoea maisha bila mtu huyo, kwani maisha lazima yaendele.

Wanangu, ingawa duniani tunahitaji marafiki, ni vyema tufahamu kwamba, si kila rafiki ni mzuri. Kuna marafiki wazuri na wabaya. Rafiki mzuri naweza kumfananisha na ua; utafurahi kuwa karibu naye, mtachanua pamoja.

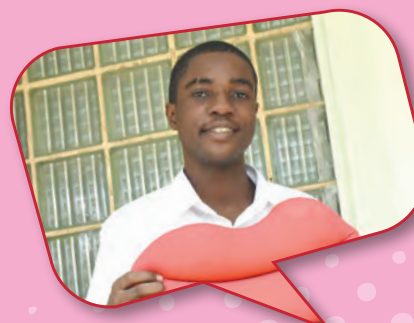
TIRIRIKA

Unamjuaje rafiki wa kweli?



Rafiki wa kweli ni yule ambaye hunisapoti nyakati zote hususan nyakati za shida, na kunisahihisha pamoja na kunielimisha jinsi ya kuishi vyema na watu kwenye jamii.

JAFAR MUSSA (16) MBEZI MWISHO



Rafiki wa kweli huweza kumsaidia rafiki yake pale anapopatwa na majanga au shida fulani. Rafiki anaweza kukusaidia kifedha au hata ushauri ili uweze kutatua shida uliyonayo.

LODRICK KACHALE (16) KURASINI



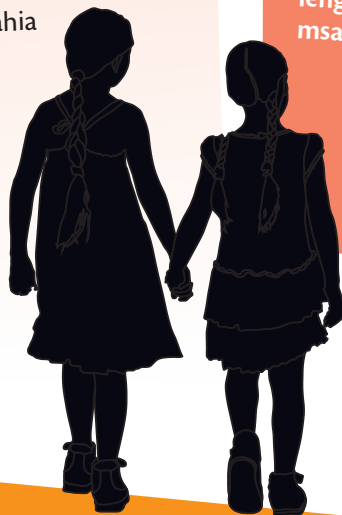
Rafiki wa kweli unaweza kumjua kupitia matendo yake. Yule anayeshirikiana na wewe katika nyakati zote za shida na raha na vilevile ni mtu anayetoa ushauri mzuri.

AISHA SAID (17) KAWE



Rafiki mzuri utamjuaaje?

- * Anakujali na anajali hisia zako.
- * Anaweza kukukosea, kwani binadamu si mkamilifu, lakini ataomba msamaha.
- * Anakukubali kama ulivyo.
- * Anaelewa kwamba una uhuru wa kuwa na marafiki wengine.
- * Unajisikia huru kumwomba ushauri unapokuwa na jambo lako.
- * Kama kuna utani mbaya anakufanyia, akigundua hufurahishwi ataacha.
- * Kama ana tatizo nawe atakwambia wewe mwenyewe na si kuteta kwa wengine.
- * Inapotokea mmepishana lugha, mtazungumza, mtayamaliza.
- * Atakusaidia wakati wa shida, tena msaada usio na masharti.
- * Ataheshimu maoni yako, hata kama hayafanani na yake.
- * Atakusukuma utimize ndoto zako na kila mara atakukumbusha kwamba unaweza.
- * Utamwona tu kwamba anafurahia kampuni yako.
- * Atakwambia ukweli siku zote.
- * Atatunza siri zako na utakuwa huru kumshirikisha ya moyoni.
- * Utajisikia huru uwapo naye.



KUMBUKA

Kukataliwa na mtu, haimaanishi huna thamani! Kama ambavyo huwezi kuwapenda watu wote unaokutana nao, vivyo hivyo huwezi kupendwa na watu wote. Ni bora kuwa na marafiki wachache, wazuri, kuliko kuwa na marafiki wengi, miiba. Ushauri wangu wa mwisho kwako unanoga zaidi kwa kimombo: "Be the friend you would like to have". Tumeelewana wanangu?

Rafiki mbaya labda nimfananishe na mwiba; ukimweka karibu, atakuchoma! Ukimgundua mwache aende zake. Wala usijilaumu.

Sasa, swali langu kwako Kapuku, je, Pinto ni ua au mwiba? Kama ni ua, basi zifuatazo ni njia chache zinazoweza kukusaidia kupatana tena na rafiki yako:

- * Tafuta muda muafaka wa kumfuata mzungumzie tofauti zenu. Ikiwezekana, yawe ni mazungumzo baina yenu wawili tu.
- * Mfuata wakati ambapo anaonekana yuko radhi kuzungumza nawe, sio wakati ambapo bado ana hasira kali.
- * Hakikisha unamjulisha tangu mwanzo kwamba lengo la kuyazungumza ni kumaliza tofauti zenu.
- * Usipaniki! Zungumza bila jazba na hakikisha unamweleza namna unavyojisikia kuhusu kilichotokea.
- * Mpe nafasi akujibu na kueleza *version* yake ya stori. Kubaliana na vipengele vya stori ambavyo ni sahihi.
- * Sikiliza kwa makini na umwonyeshe kwamba unamsikiliza.
- * Heshima itawale kipindi chote cha mazungumzo. Usitumie lugha mbaya, wala kupandisha sauti.
- * Fahamu kwamba mnaweza msimalize tofauti zenu kwa mazungumzo ya mara moja. Usichoke kumtafuta tena.
- * Omba msamaha kwa yale ambayo kweli ni makosa yako. Usikubali makosa yasiyokuwa yako kwa lengo la kumaliza ugomvi. Samehe pale unapooombwa msamaha.



Kapuku and Pinto

BY PENDO MASHULANO

Kapuku cried! She covered herself and sobbed! It was her childhood friend, with whom she played tins and cans! And though she had many, there was none like Pinto! They shared a bunkbed, Pinto above and Kapuku below. She was her confidant, who knew her inside out.

But now, they weren't speaking! She couldn't stand it! She couldn't stand it! And the letter! The letter wasn't even handed to her! It had been slipped under her pillow! Kapuku lost it. She couldn't even concentrate in class. She thought long and hard, then finally got an idea. Kapuku grabbed a pen and paper, and wrote...

Dear Anti Cos,

My name is Kapuku Kipilipili, and I am in form two. My dearest friend since primary school, has chosen to stop being my friend. I have attached here the letter she wrote me. Please read it and advise me... I can't even concentrate in class. I feel so alone, and so in the wrong...

Kapuku you have annoyed me! In fact, nauseated me! I never imagined that you could ever do something like this to me! Kapuku! I can't believe my eyes! Do you remember my excitement when we were both posted to Kilakala? I jumped with joy and even landed faultily and hurt my leg! I still have the scar of my injured heel. Do you remember? You can't have forgotten! We were placed in the same hostel, and the same class. We went to prep together and went to dinner side by side. They even called us twins and joked that we even looked alike. I thought God had blessed us! Yet it was satan at work. You soon started acting different and gossiped about me daily. You befriended many others and left me alone. You spoke about me often and talked about how I had nothing. I see now that it was a mistake meeting each other and even becoming close friends. I ignored all and endured all. But what you did today, I can no longer keep quiet! Is it you Kapuku! Accusing me of stealing your counter book! And as if that was not enough, that I also took your pen and pencil! Anyway! I began without a hello, so I'll end without a goodbye. Greeting you will exhaust me and bidding you farewell is just a bother. I have no more, I am done, and this friendship I end.

Pinto.

How will you know who is a good friend?

- * They care about you and your feelings.
- * They might wrong you, because we all make mistakes, but they always apologize.
- * They accept you for who you are.
- * They understand that you are free to also have other friends.
- * You feel comfortable asking them for advice when you are in need.
- * If they tease you and realize it bothers you, they immediately stop.
- * When there are issues in your friendship, they tell you directly, and do not gossip about you to others.
- * When you disagree, you discuss it and solve it.
- * They help you during hard times, freely and without any conditions.
- * They respect your opinions, even when they differ from theirs.
- * They push you to achieve your goals and remind you that you are able.
- * You can easily see that they enjoy your company.
- * They are honest with you always.
- * They keep your secrets, and you feel safe sharing your inner most feelings.
- * You feel carefree when you are with them.

Dear Kapuku,

I am sorry to hear that. I have received several questions kind of similar to yours. For your benefit and that of everyone else, let me share with you the following lessons.

Kapuku, we all need friends

The journey through life is not easy. There are friends that you will lose along the way, and new ones that you will meet. But it remains undeniable truth that we all need friends. Friends laugh with us during the good times, and they cry with us during the bad. We journey with them through life, and they push us and motivate us to chase after our dreams. They teach us love, sharing and caring. They give us hope and the strength to believe in ourselves.

Kapuku, I understand

When a friendship ends, you find yourself in a tough situation, and the pain can sometimes feel similar to when your loved one has passed on! Yes! Almost like bereavement! However, some of the following tips can help you cope during this tough time:

- * Being able to cope with your emotions such as anger, sorrow, self-blame etc. is an important lifeskill. Learn to manage them, as they are usually recurrent throughout one's life.
- * Ask for help; broken friendships can cause feelings of loneliness and depression. Talk to someone you trust. Let them know if you'd like them to just hear you out, or mediate.
- * Remember the good and forget the bad; rather than focusing on the mistakes they've made, or the one's you've made, recall the ways in which they made you happy and you made them happy.
- * Give yourself time; it takes time to heal after a friendship has ended. Try to get used to a life where they are absent, because as you know, life must go on.

My dears, even though in life we might need friends, it is important for us to know that, not all friends are good; there are good friends and bad friends. Good friends are like flowers; that you will be happy to be around, and flourish with.

But bad friends are like thorns, once they are near, will prick you! When you recognize them, it is best you let them go. Don't even blame yourself. So, my question to you Kapuku, is Pinto a thorn or a flower? If she is a flower, then here is some advice that might help you mend your friendship:

- * Find the appropriate time to discuss any misunderstandings with your friend. It will be best if it's just the two of you.
- * Make sure you have the discussion at a time when your friend is ready to speak, and not whilst they are still angry or upset.
- * Make sure you let them know that your aim is to sort out the differences between you two.
- * Don't panic! Speak freely without overreacting, and ensure they understand how you feel.
- * Give them the opportunity to also explain their side of the story and agree with the parts that are true.
- * Listen carefully and show that you are paying attention.
- * Respect is important and should be put forward at all times during the discussion. Avoid using hurtful language or raising your voice.
- * Remember that you might not solve the issue with just one conversation. So, try again and again.
- * Ask for forgiveness for what was your mistake, but don't apologize for what you didn't do just for the sake of solving the issues. Most importantly, forgive when asked for forgiveness.



NANI AWAJIBIKE?

KARAMA NA SHUKURU NI WANAFUNZI WA KIDATO CHA PILI, WANAPEWA HOMEWORK TEST AMBAYO INAZUA KIZAAZAA. KWANI ILIKUWAJE NA MWISHO ITAKUWAJE? FUATILIA!





KARAMA AKAJIPINDA KUANDIKA TEST



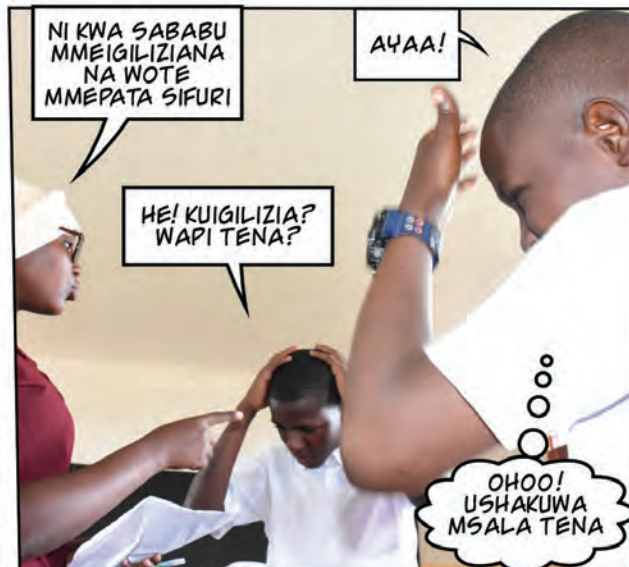
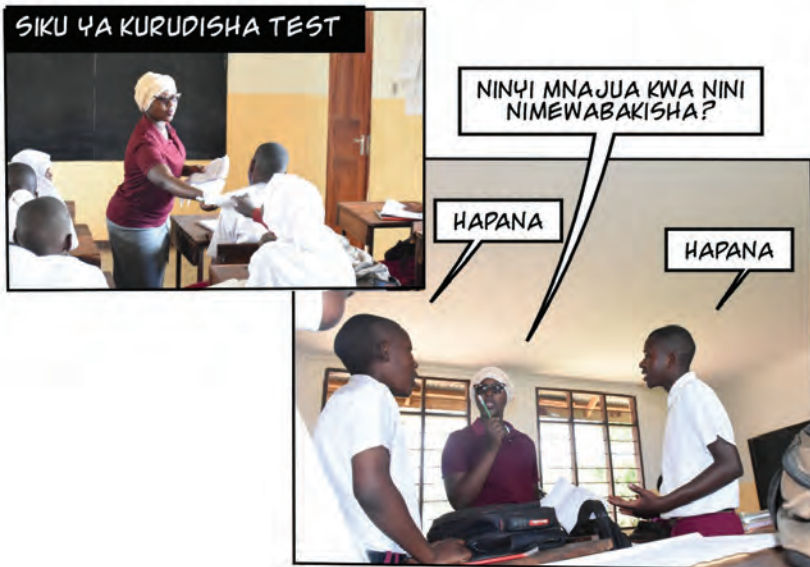
JUMATANO

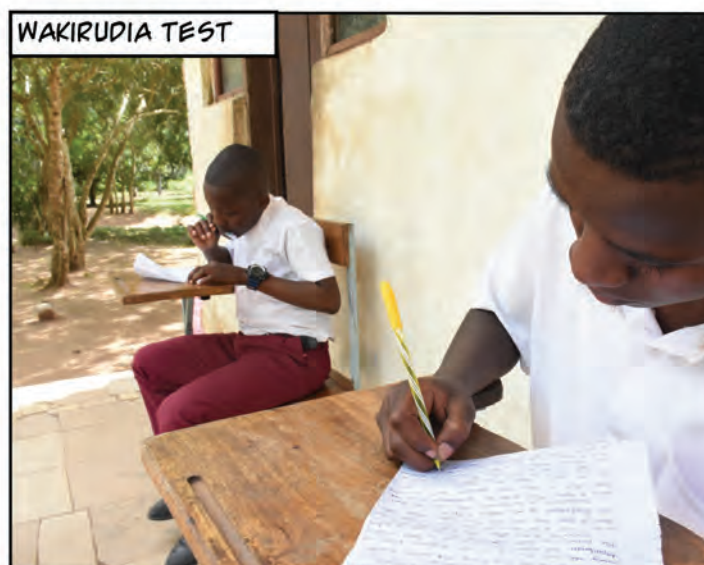
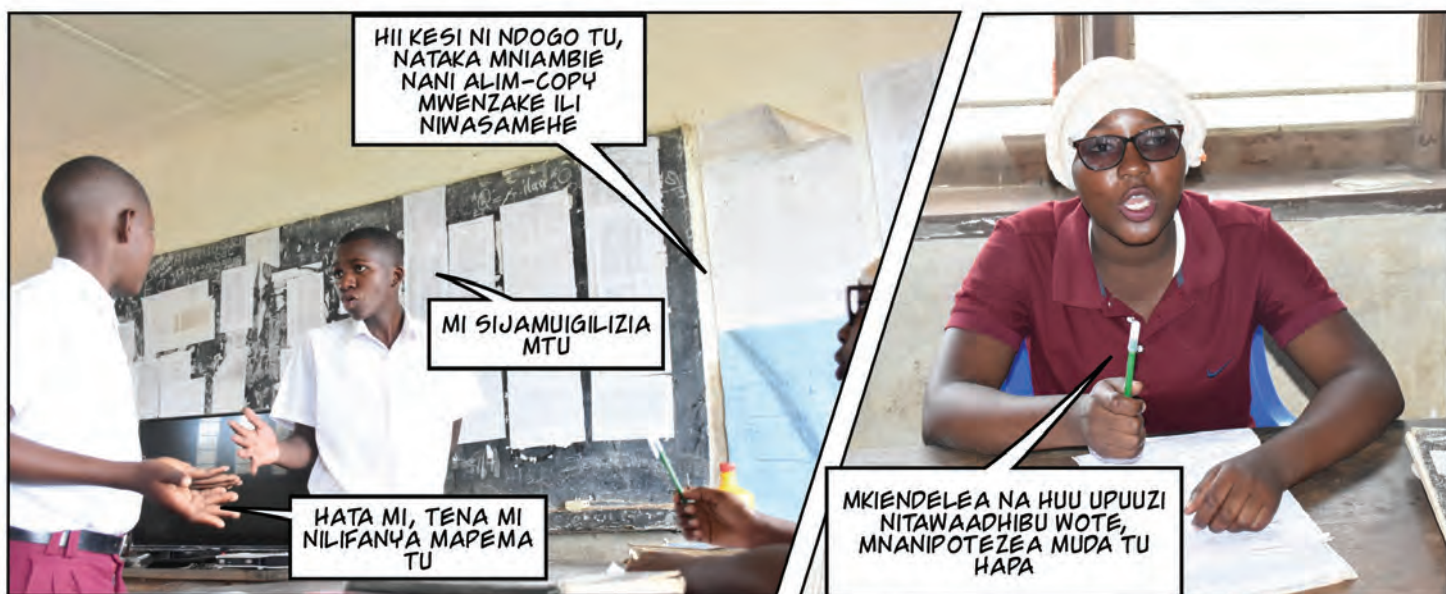


ALHAMISI USIKU



SIKU YA KURUDISHA TEST







Chungu, lakini ndio dawa

NA RAPHAEL NYONI

Shukuru, Shukuru, Shukuru, kwanini lakini? Kwanini hakuwajibika pale alipokosea? Kosa kweli kalitenda, na kamsasabishia mwenzake sifuri, lakini alipoulizwa, hakukiri kosa! Dah! Ameniacha na maswali mengi kichwani... Hivi hii tabia huwa tunajifunza wapi?

Twe'nzetu kwenye maisha yetu ya kila siku ya mtaani au hata skonga tu, hivi ni kwanini kwa watu wengi ni ngumu sana kukubali pale wanapofanya makosa? Huwa wapo tayari hata kujificha chini ya kivuli cha watu wengine ilimradi tu wasiwajibike.

Katika maisha yetu ya kila siku shuleni, kuna zile *moments* mko darasani halafu mmejisahau mnapiga kelele kinomanoma, na inawezekana kabisa kiongozi wa hizo kelele yupo na hata wengine unaona kabisa wameweka kigenge wanapiga kelele lakini akitokea ticha akauliza nani anapiga kelele hakuna anayetaka kujitokeza! Matokeo yake, darasa zima linaadhibiwa!

Usipojiwajibisha...

Ukweli ni kwamba unapokataa kuwajibika maana yake hauko tayari kujifunza. Kama hauko tayari kujifunza basi hata darasani ni vigumu kwa walimu kukusaidia ili uweze kufikia malengo uliyojiwekea maishani.

Na kama tutaamua kuendelea na mtindo huu tutakuwa tunajenga Taifa la namna gani? Matokeo yake, baadae tunakuja kushika nyadhifa mbalimbali za uongozi lakini uwajibikaji unakuwa sifuri, tunarudisha nyuma gurudumu la maendeleo. Kama hutaki kuwajibika, basi usiwabughudhi wale ambao wameamua kuwajibika na kusonga mbele. Si umeshawahi kusikia kale kamsemo ka 'kifo cha wengi ni harusi,' basi hata wale wawajibikaji wachache wanavujwa moyo ilimradi tu malofa wawe wengi. Kama wewe ni muwajibikaji usiingie kwenye huo mkenge.



BADILIKA!

Kama na wewe una tabia za Shukuru hujachelewa, unaweza kubadilika kwa kuzingatia mambo yafuatayo;

- * **Jitambue wewe ni nani**
- * **Pangilia mambo yako:** Usiache mambo yako yaende ilimradi tu
- * **Jali muda:** Muda wa kusoma (shule na nyumbani) na muda wa socialization (michezo, stori)
- * **Ainisha mapungufu yako**

Si mnanisoma au sio?

Kuna vingi vya kujifunza kutoka kwa Shukuru ambavyo vinaweza kutusaidia kubadilika, labda pia tuangalie ni vitu gani ambavyo tunaweza kujifunza kutoka kwa Karama?

(Hii nawaachia mjadiliane wenyewe kwenye club sasa)

Leo nakuacha na hili swali, unadhani urafiki wa Shukuru na Karama ulikuwa katika hali gani baada ya sekeseke hili?



Machale yanapokucheza...

NA TUNU YONGOLO

Jua lilikuwa linazama, Rehema akaanza kujiuliza atafikaje nyumbani. Ni mbali! Na kadri alivyoendelea kuwaza, ndivyo safari ilivyomtumbukia nyongo. Alipouanza tu mwendo, kwa mbali kidogo Chokii yulee, ameketi njiani! Ni mvulana aliyemfahamu muda mrefu. Chokii alishamwona Rehema, amejichokea, akaanza kutabasamu kadri Rehema alivyokaribia kumfikia.

"Mambo Rey?"

"Poa Chokii."

"Ndo unarejea maskani?"

"Ndiyo. Nilikuwa najisomea na wenzangu, si nikapitiwa!"

"Ila daah, basi tu yaani"

"Nini Chokii?"

Unaonaje nikikupeleka?" Chokii akajitolea, na bila kusubiri jibu, akanyanyuka fasta.

"Unipeleke? Na nini?" Rehema aliuliza huku akicheka. "Sioni usafiri wowote hapa."

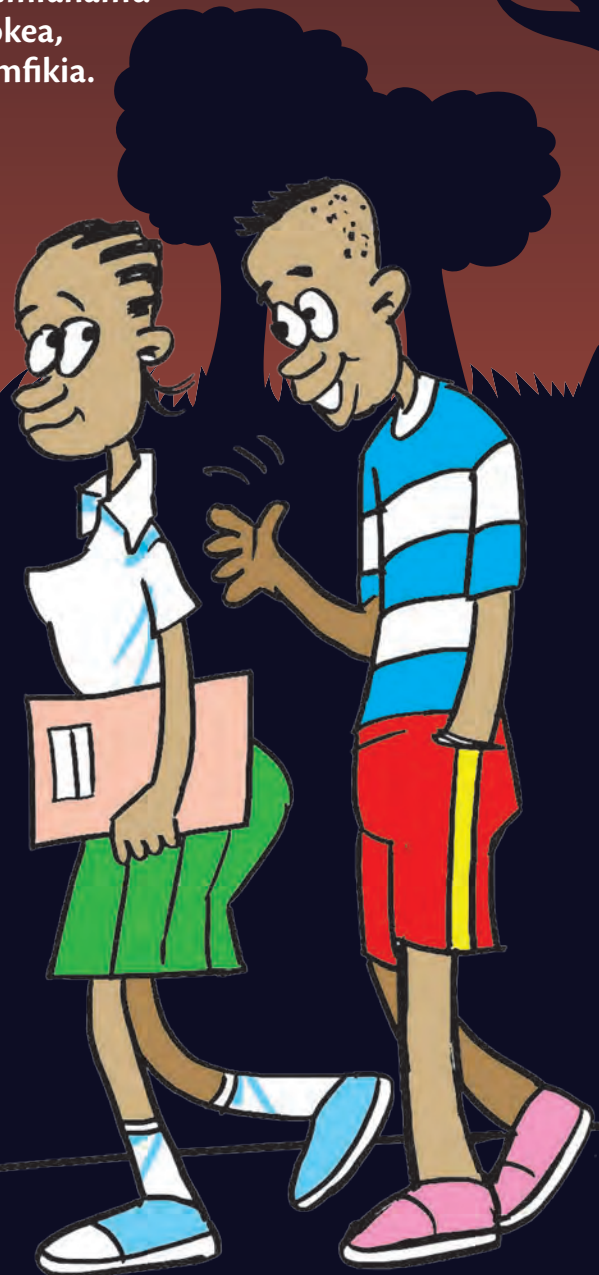
"Pikipiki yangu iko nyumbani, twende tukaichukue." Chokii alisema.

"Hapana. Niko sawa," Rehema alijibu. "Nitatembea tu."

Rehema alikuwa anamfahamu Chokii kwa muda mrefu, hivyo hakuwa na sababu ya kuwa na wasiwasi. Lakini kuna kitu ndani yake kilichomfanya awe na hofu fulani hivi, hakujua ni nini hasa.

"Utafika saa mbili na kitu." Alimwambia huku akizidi kumbembeleza.

Huku nafsi yake ikiwa bado inasita, Rehema alianza kumfuata Chokii, wakala kona kibao hadi nyumbani kwa Chokii. Kadri walivyokuwa wakisogea ndivyo hofu ilivyoongezeka ndani yake, na walipoingia nyumbani kwa Chokii Rehema akagundua kwamba hakukuwa na mtu mwingine yeyote mle ndani...





Hello Fema Clubbers! Hebu tufanye zoezi kidogo.

Nitaelezea vijistori hapa, utasema kama uliwahi kujikuta kwenye hali kama hiyo, au inayoendana na hiyo... Sawa?

1 Muda wa masomo umekwisha. Umesimama kituo cha basi, ni jioni sana, kiza kimeanza, ghafla gari limesimama mbele yako, tayari kukupa lift. Umechoka mbaya, ungeweza kupata lift, lakini unamtazama dereva, ghafla mapigo ya moyo yanakwenda mbio...

2 Ni Jumamosi fulani tulivu. Umekaa zako home jioni, huna mishe zozote wala nini. Unaamua kwenda dukani hapo mtaa wa pili kununua pipi moja mbili hivi. Kutoka nje unagundua kwamba kuna giza kuliko ulivyodhani, ghafla, nafsi yako inasita. Una hofu lakini hujui unaogopa nini. Hudhani kama ni wazo zuri kwako kwenda dukani...

3 Ndugu kawatembelea hapo home. Umemkaribisha. Ingawa uko peke yako, huna wasiwasi, maana ni ndugu yenu. Cha kushangaza, anaanza kusogea taratibu pale ulipoketi. Unaanza kutetemeka, nywele na vinyweleo vinasisimka, huelewi ni kwanini, lakini una hofu fulani hivi...

4 Ni siku moja baada ya test. Umekaa zako darasani, una hamu kubwa ya kupata matokeo yako. 'Nina hakika nimefaulu!' unawaza. Unasikiliza kwa makini huku mwalimu akiita jina la mwanafunzi mmoja baada ya mwingine, lakini kwa sababu ambazo huzijui, jina lako halitajwi. Unasimama, unamfuata mwalimu na kumuuliza mbona matokeo yako hayajarudishwa... 'njoo unione ofisini watu wote watakapokuwa wameondoka,' mwalimu anasema ... Mmmh, una wasiwasi.



Je, umewahi kujikuta katika hali yoyote inayoendana na mojawapo kati ya hizi? Au imewahi kumtokea mtu unayemfahamu? Nina hakika wengi wetu tumewahi kukumbana na baadhi ya hali hizi, kama sio zote. Hebu sasa tuzungumze kuhusu machale, kwa kimombo wanasema “Gut Instinct”. Tujadili mada hii huku tukiihusisha na stadi muhimu kabisa, USALAMA, yaani ‘Safety Skills.’

Machale yanapokucheza!

Alichokihisi Rehema, ndicho ambacho kwa kimombo kinaitwa gut instinct, kibongobongo tunasema machale yalimcheza. Na kama jibu lako lilikuwa ni NDIYO katika mojawapo ya hali zilizoeleza hapo juu, basi nawe machale yaliwahi kukucheza. Gut feeling ni ile hofu inayokupata ukiwa katika mazingira fulani lakini hujui sababu. Wakati mwingine huambatana na hali nyingine zinazoweza kuonekana kwa macho, mfano mwili kulisimka, kutokwa na kijasho chembamba, kutetemeka au wakati mwingine unapatwa hali fulani hivi kwenye tumbo. Nafsi inakwambia kwamba kuna kitu hakiko sawa.

Umewahi kusikia mtu akisema, “Nilijua kuna kitu,” “Nilijua kabisa” au “Nilikuwa na hisia fulani hivi mbaya kuhusu kitu hicho.”

Hayo yalikuwa ni machale! Ni nafsi. Mlango wa sita wa fahamu. Hisia fulani hivi isiyoelezeka. Ni sauti inazungumza nawe.

Kusikiliza machale yako maana yake ni kujiondoa/kuacha tukio fulani unapohisi kwamba hakuna usalama. Acha. Usione tabu kutii hisia zako pale mwili wako unapokwambia kwamba kuna hatari. Usalama wako ni muhimu zaidi kuliko kutaka kumfurahisha mtu. Siku zote kumbuka hilo.



STADI/MBINU ZITAKAZOKUSAIDIA KUWA SALAMA

Unafahamu kitu ambacho kwa kimombo kinaitwa “Stranger Danger?” Hii maana yake ni kwamba, tumekuwa tukifundishwa kutokuzungumza na watu tusiowafahamu. Ukweli ni kwamba, kadri miaka inavyokwenda, watu ambao wanatudhuru ni wale ambao tunawafahamu na wanatufahamu. Sasa, tunajilinda vipi sisi wenyewe na tunawalindaje wapendwa wetu? Tutumie stadi za usalama, ni stadi za maisha ambazo mtu anapaswa kuwa nazo ili kuwa salama kila wakati.

Hebu pata tips chache hapa zikusaidie kuwa salama:

- * Epuka kuwa vichochoroni au sehemu ambazo watu hawapiti.
- * Epuka kutembea peke yako usiku.
- * Omba msaada unapohisi hatari.
- * Epuka kuongozana na watu usiowafahamu.
- * Siku zote hakikisha angalau mtu mmoja anafahamu mahali ulipo.
- * Beba hela ya ziada kama unahisi inaweza kuhitajika.
- * Usione noma kumkatalia mtu kufanya naye kitu kama roho yako inasema hapana.

**La mwisho, lakini si mwisho kwa umuhimu,
MACHALE YAKIKUCHEZA, USIPUZE!**



Laiti ninge...

NA TUNU YONGOLO



Giza lilikuwa nene,
haikuwa rahisi kuona njia.
Kipupwe nacho kilikuwa kinapuliza
hatari, hapo bado nina mwendo
wa kilometa tano hivi kuifkia shule.
Hata nilipojaribu kupambana na usingizi
barabarani, nilijua fika kwamba
nalazimika kutembea haraka kama
nataka kuiwahi kengele.

**Laiti ninge kuwa
na baiskeli...**

Ashhh!
Niliugulia maumivu
nilipokanyaga kijiwe
kilichochongoka kikapenyeza
kwenye kiatu chakavu. Nilisikia bayana
kanyagio langu likilowa damu.
Nilisimama, nikajifuta, safari ikaendelea.

**Laiti ninge kuwa na
viatu vipya...**



Hadi nafika shule,
kifua changu kilikuwa kizito kwa
uchovu na tumbo lilikuwa likiunguruma.
Ilikuwa bado dakika chache tu kengele
igongwe, na nilifurahi kwamba walau leo fimbo
za mwalimu hazinipati. Niliketi kwenye dawati,
nikafungua begi, nikatoa daftari zangu zilizochoka.
Nikaanza kukisaka kipisi cha penseli bila mafanikio!
Nilijiridhisha kwamba kitakuwa kilidondoka
kupitia matundu ya begi lenye viraka.
"Unaweza kuniazima penseli?" Nilimwomba
mwanafunzi aliyeketi jirani nami, na bila kusita
aliniazima moja kati ya tano alizokuwanazo.

**Laiti ninge kuwa na
vifaa vyangu...**



Pua zangu ziligubikwa
na harufu ya kiporo cha ugali na
maharagwe nilichofungashiwa na mama.
Bahati nzuri nilikuwa nimekaa mbali
kidogo na wenzangu. Niliwatazama wenzangu
wakila zao chips mayai kwa furaha.

Laiti ngingekuwa na chips mayai...



Jioni ikawadia, angani
likatanda wingu la kijivu, ulikuwa ni
muda wa kurejea nyumbani. Niliwatazama wenzangu
wakichukua baiskeli zao, wenye nauli zao
wakakwea bodaboda, haooo! Wakiwa zao na furaha!

Laiti...., laiti..., laiti laiti ngingekuwa na zaidi...

Niliwapungia walionipungia huku nikitoa tabasamu la uongo.

Kisha niliigeukia barabara na kuianza safari ndefu,
safari ya kurejea nyumbani. Niligubikwa na hasira, nikawaza
jinsi ambavyo maisha hayanitendei haki. Wenzangu
walikuwa na vitu vingi kuliko mimi, ingawa sote tunatoka
kata moja. Kwanini familia yangu haina pesa kama
familia za wenzangu? Kwanini maisha yangu si kama ya
wenzangu? Kwanini haya yote yananikuta?
Yatakwisha lini?

TIRIRIKA

Unapoishiwa hela huwa unachukua
hatua gani?



Ninapoishiwa hela ya matumizi,
kwanza, huwa nawaambia wazazi
wangu halafu nitamwomba dada au
kaka au nitawaomba marafiki.

PASCAL ALBERTO (16) TANDALE



Ninapoishiwa mkwanja huwa
natafuta njia mbadala ili nipate tena
mkwanja. Sababu ya umri wangu mara
nyingi huwaomba wazazi wangu, au ile
pesa ya matumizi ya shule ninayopewa
najibana ili nibaki na akiba.

NASRI SAID (16) KIGAMBONI



Ninapoishiwa, kwanza huwa
nachungulia akiba ambayo huwa
najiwekea kila siku kutoka katika hela
ya shule, kama nako hali ni mbaya
huwa ninawaambia wazazi.

VISTER KUBONA (16) TEGETA



Acha, Tulia kidogo.....! Sasa endelea kusoma. Najua umejawa na mawazo, lakini wacha nikukumbushe kitu! Silaha kubwa ambayo mwanadamu anaweza kuwa nayo ni UVUMILIVU/USTAHIMILIVU (RESILIENCE); na kama huna hakika uvumilivu ni nini, wacha nikufafanulie zaidi...

Ni nguvu iliyo ndani yako ya kuvuka nyakati ngumu. Hivyo ningependa kukukumbusha jambo kubwa leo, na si jambo ambalo tunaambiwa na watu wengi. Ukweli ni kwamba; KUTOKUWA NACHO, NI SAWA.

Ni sawa kutokuwa na vitu vya gharama kama gari, simu na vyakula pendwa. Unaweza kujiona kama unapungukiwa, unapitwa, lakini kilicho muhimu zaidi ni afya njema na kuwa salama. Vitu hivi ni vya anasa, na utavifurahia zaidi kama utachuma mwenyewe, hivyo soma kwa bidii, fanya kazi kwa bidii, iko siku utakuja kumiliki kila unachotamani.

Ni sawa tu kutokuwa na mahitaji ya msingi, kama vitabu, penseli na peni. Wakati mwingine tunaweza kukosa hata baiskeli au usafiri wowote wa kuturudisha nyumbani. Safari zinaweza kuwa ndefu, zenye kuchosha, lakini tujikaze. Hakikisha unajikita kwenye kufukuzia ndoto yako, na ipo siku ndoto yako itatimia.

CHUKUA

HATUA

Orodhesha vitu vyote ambavyo unatamani ungekuwa navyo. Tengeneza mkakati akilini mwako ni namna gani utapata vitu hivyo utakapoanza kujitegemea. Sasa, chukua karatasi, jiwekee ahadi; kwamba kuanzia leo, utasoma kwa bidii na utakuwa mvumilivu ili wakati utakapofika upate vitu vyote ulivyokuwa ukivitamani wakati unakua. Sawa eenh?



KUMBUKA

Ni sawa kutokuwa nacho!
Soma kwa bidii. Jitume.
Kuwa na malengo. Iko siku.

Ni sawa tu kutokuwa na mahitaji muhimu, kama chakula cha kutosha au mahali pa kulala. Ni sawa tu kutokuwa na viatu ambavyo havijachanika au pamba kali. Tunaweza tusiwe na vitu ambavyo wenzetu wote wanavyo, na hii inaweza kutufanya tujisikie vibaya, lakini tukumbuke kwamba ili mradi tuko hai, tuna nafasi ya kufanya kazi kwa bidii ili tujitengezee maisha mazuri huko mbeleni.

Vitu muhimu zaidi katika maisha yetu ni Upendo, Familia, Elimu, Makazi, Marafiki na Usalama. Unapokuwa navyo hivi, una utajiri mkubwa sana, hivyo shukuru na ujivunie vitu hivi kadri uwezavyo.

Kumbuka kwamba sote tunaishi katika dunia moja, hivyo ni muhimu ufahamu kwamba kitu pekee kilicho katikati yako na wale unaotamani maisha yao ni ustahimilivu. Hicho ndicho kitakachokuvusha.

Wewe na wao mtafanya mtihani mmoja. Ni imani yangu kwamba utafaulu!

Mtaingia pamoja katika ulimwengu wa ajira na kufukuzia kazi pamoja!

Ni matumaini yangu pia kwamba utakapoajiriwa au utakapojijiri, utafanya kazi kwa bidii!

Kisha mtaanza kujenga maisha, na yale yote uliyoyapitia yatabaki stori.

Wapendwa Fema clubbers, ujumbe wangu mkubwa kwenu leo ni kwamba; "ni sawa kutokuwa nacho". Cha muhimu zaidi ni unatumiaje vizuri kile ulichonacho?!



If Only...

BY TUNU YONGOLO

The darkness was thick and the road unclear, and a stinging cold lingered in the air. School was another five kilometers away, and even as I fought the sleep in my eyes, I knew deep down in my gut that I would still have to walk faster if I wanted to make it there before the bell.

If only I had a bicycle...

Ouch! I mumbled, as a little stone dug deeper into my foot, and I could feel the sole wetter with thin trickling blood. I stopped to pour it out and sneered at the hole where it had entered.

If only I had new shoes...

My chest was heaving, and my stomach grumbled, by the time I got to school. It was a few minutes before time, and I was glad today the teacher's stick would not kiss my bottom. I settled in my seat and opened my bag, then took out the tattered exercise books.

I searched and searched for that little leftover pencil, but it must have fallen through the stitched tears. Can I borrow yours? I asked a nearby colleague, and she happily lent me one amongst the five she had.

If only I had my own stationery...

The stench from my mother's left over ugali and maharage filled my nostrils, and I was thankful that I had sat so far away from everyone else. I watched as they munched on their crispy chips mayai and talked their happy selves away.

If only I could eat chips mayai...

Evening brought its grey cloudy face, and it was time for me to trek back home again. I watched as many of the students jumped on their bicycles, whilst other counted the coins in their pockets, ready to pay for motor rides home... They all seemed so happy.

If only, if only, if only...

If only I had so much more...

I waved goodbye to those who waved at me and smiled my great fake smile. I then turned back to the road in front of me and began my long walk home. A growing anger filled my body, and I thought about how unfair life was. My school mates had so much more than I did, and yet we were all from the same ward. Why couldn't my family have money like the others had? Why couldn't my life be like theirs? Why was all this happening to me? And when would it all end?

Stop! Pause! ...Okay, now continue reading! I know you're overwhelmed by all these thoughts but let me remind you of something! The greatest power we all can ever have is the power of RESILIENCE; and if you're not sure what resilience truly means, then allow me to explain...

Resilience means the inner strength you have, to recover from difficult times. So, I would like to remind you of something powerful today, and this is something that not many people dare to tell us... The real truth about all our lives is that ITS OK NOT TO HAVE.

It's okay not to have the fancy items, like the cars, the phones and the flashy foods. It might even look like you might be missing out, but all that matters is good health and keeping safe. Fancy items are luxuries, which are best enjoyed when earned, so work hard and do your best, and one day you may have your own.

It's okay not to have the basic needs, like the books and the pencils and the pens. Sometimes we might not even have the bike to ride or the transport to get us home. The walks might be a little long, and a little more demanding, but let's push through regardless. Make sure you're focused on your dreams...

It's okay not to have the necessary items, like enough food to eat or somewhere to sleep. It's okay not to have an untorn pair of shoes, or something decent to wear. We might not have what everyone has, and this may often hurt us or disappoint, but let's always remember that for as long as we are alive, we have the ability to work hard for a better life.

At the end of the day the most important things you have are Love, Family, Education, Shelter, Friends and Safety. And you are rich to have all of these, so treasure them as much as you can!

Also remember that we all live in one world, so it's important to know that the only thing standing between you and those you admire, is your resilience to push through.

Remember; You will all sit the same exams, and it is my hope that you will pass!

You will all go out into the same world and then apply for the same jobs!

You will all get employed and it is my hope that you will work hard!

Then you will all start to build a life, and nothing that happened in the past will matter anymore.

So today dear clubbers, remember when I say, "It's okay not to have." What matters most is: how are you making the most of what it is that you do have?!

TAKE

ACTION

List down all the little things, that you wish you could have. Work down a plan in your mind on how you can get it in the future. Now take a piece of paper and make a promise to yourself; that from this day onwards, you will work hard and resiliently, to achieve everything your heart desires.

REMEMBER

It's okay not to have! Work hard, be focused and one day you will get it.



Kilichonikuta siku ya Mock!

NA PENDO MASHULANO

Sijasahau hata nukta ya tukio hili, licha ya kwamba lilitokea miaka tisa iliyopita! Nilikuwa form two, tena ilikuwa mishale ya saa tano hivi. Kila nikikumbuka nacheka, ingawa siku lilipotokea nililia!



Ratiba ilitoka wiki nzima kabla, hivyo nilikuwa na muda wa kutosha kufanya final touches. Mwenyewe nilipenda kujiita Last Minute Guy, hata kwenye daftari niliandika Choggo Bolibo a.k.a L.M.G.

“Muda upo banna, nitasoma tu,” nilijisemea huku nikijongea chini ya mkoroshu, wenyewe tulipaita kijiwe fresh. Nilikuwa mtu wa mastori kwa sana, nisipokuwepo kijiweni, kunadorora!

Washkaji waliponiona wakashangilia, kijiwe kikanoga! Hiyo ilikuwa ni Jumamosi, siku mbili kabla ya paper. Jumapili kulikuwa na mechi moja kali baina ya watani wa jadi, Simba na Yanga, hivyo kulikuwa na ubishi wa kufa mtu!

“Tunawagaragaza nyinyi”,

“Aargh wapi! Ubavu huo hamna!”

Basi nikauvamia ubishi, kutahamaki, ni saa mbili usiku!

Kijiwe kikatawanyika, nikarudi maskani. Sijasoma hata nukta!

“Aaargh. Kesho nayo ni siku banna.” Nikajifariji kihivyo, nikakitafuta kitanda, nikakung’uta vumbi, nikajitupa!

Jumapili, ndiyo siku ya mechi, na raha ya mechi ni ubishi na kelele. Si nikaamkia kijiweni! Ubishi wa jana ukaendelea huku tukiisubiri ile

saa. Hadi mpira unakwisha ilikuwa ni saa moja kasoro! Nimechoka mpaka nywele, na mbaya zaidi timu yangu imefungwa! Nina hasira balaa, natamani kulala, ila ndo hivyo tena, nina saa chache tu kabla ya paper!

Ndipo nilipoamua kukesha nikijaribu kumnenepesha ng’ombe siku ya mnada! Nikaichukua ndoo, nikatia maji, nikatumbukiza miguu.

Kibaridi kikakubali, nilistukia kunakucha bila kufumba jicho!

Jumatatu ikatimu. Paper ya kwanza ilikuwa Chemistry. Nikapiga fresh tu. Ya pili ilikuwa Mathematics na mie ni mkali wa namba vibaya mno!

Kadri nilivyosubiri paper ndivyo macho yalivyolegea!

Hatimaye paper ikaja, nikasoma maelekezo, nikaandika namba na tarehe. Nikayacheiki maswali yote fasta, “Aiii! Mtihani rahisi kama uji!”

nikajisemea. Ile nataka nianze swali la kwanza tu, uzalendo ukanishinda, usingizi umenizidia. Nikajisemea kimoyomoyo; “wacha nifumbe macho dakika tatu tu, nikiamka nitakuwa fresh”.

Nikainamisha kichwa kwenye dawati. Nilishtushwa na sauti ya invigilator “pens down”! Hapo, kwenye paper nina namba ya mtihani na tarehe tu!

Hili nalo ni somo!

Ukiacha Chemistry, Biology na History, hili lililomkuta Choggo nalo ni somo kubwa! Ni tukio ambalo lilimpa fundisho, wanasema: *learning the hard way!* Choggo alibadili tabia, akasoma hadi chuo kikuu, na sasa ni mfanyakazi wa asasi inayotoa elimu kuhusu mazingira. Mapenzi yake kwa kijiwe hayajaisha, isipokuwa sasa anakitumia kijiwe kwa faida na amekuwa mwanachama wa vijiwe vingi zaidi! Anatembelea kijiwe kipya kila siku, anapiga stori mbili-tatu na washkaji, kisha anajitambulisha na kuwaomba dakika chache tu ili azungumze nao kuhusu mazingira, halafu anawaacha wakitafakari, yeye huyoooo, kesho ataibukia kijiwe kingine!

Washkaji wanamshangaa...

"Ah wewe Choggo, wewe wa kupenda kuteta kuhusu mpira leo unatuletea haya ya mazingira???"

Choggo anaanza kwa kusimulia kisa kilichomkuta siku ya *Mock!* Wote wanabaki wameduwaana, kila mmoja akitafakari kilichofuata baada ya sauti ya *invigilator.....*; Changamoto yetu kubwa, anamalizia, ni ile fikra ya kwamba sisi wenyewe, au mtu yeyote, hawezi kubadilika. Choggo wa zamani ashopotea. Sasa hivi natumia vijiwe kuelimisha! Tuelimishane! Naeleweka? Au najielewa mwenyewe?!

"*Tunakupata vizuri sana*". Kijiwe huitikia, kisha Choggo huendelea.

Sio siri, mwanzo nilikuwa na hofu ya "*aargh, hivi mimi Choggo, mtu mmoja tu, nitafanya nini kuzuia uharibifu wa mazingira?*"

Ni kweli kwamba katika dunia yenye watu bilioni nane, mtu mmoja ni kama tone la maji ndani ya ndoo. Lakini tukumbuke kwamba, tukiwa na matone ya kutosha, tunaweza kujaza ndoo.

TIRIRIKA

Unachukua hatua gani katika eneo unaloishi kudhibiti mabadiliko ya tabianchi?



Najaribu kutoa elimu kwa wenzangu kuhusu mabadiliko ya tabianchi na jinsi gani ni muhimu kutunza mazingira kwa kutotupa taka hovyoyote.

YESHURUNI LUGANO (16)
MALAMBA MWISHO



Kwa mazingira yetu, katika msimu wa mvua huwa tunaongeza idadi ya mitaro ya maji ili kuzuia mmomonyoko wa udongo.

RICHARD LEONARD (16)
MBEZI LUIS



Natunza mazingira kwa kutoa elimu ya utunzaji mazingira kwa kuhamasisha upandaji wa miti na kuelezea athari za ukataji miti hovyoyote katika jamii yangu.

THERESIA FRANCIS (16)
MIKOCHENI B



Choggo anazama deep zaidi kwenye mada!

"Vijana wenzangu. Uharibifu wa mazingira na mabadiliko ya tabianchi ni maneno ambayo hayana ugeni wowote katika masikio yetu. Wataalam wametuelimisha, mashirika yamepiga kelele, waandishi wameandika, hata darasani tumefundishwa. Tunaposikia uharibifu wa mazingira, cha kwanza tunachofikiria ni moshi wa viwandani. Hufika wakati tukajitoa, tukasema 'arrgh, ni huko Ulaya tu banna, kwani sisi tuna viwanda gani hasa vya kuchafua mazingira'?"

Lakini, tukumbuke kwamba, dunia ni moja; hakuna dunia ya Ulaya wala dunia ya Afrika. Dunia ikichafuka, imechafuka! Ulaya ikichafuka, dunia imechafuka, hivyo Tanzania nayo imechafuka. Yapo mambo kibao, madogo na makubwa, unayoweza kuyafanya hapo ulipo, ili kusaidia juhudi za kuokoa mazingira, na hatimaye kupunguza athari za mabadiliko ya tabianchi. Hivi, tunasubiri tuone nini ndipo tuache tabia ya kukata miti na kuchoma misitu? Na je, unaonaje ukipanda mti, hata mmoja tu hapo nyumbani, kisha uweke malengo ya kupanda mti kila mwaka? Si unaweza kupanda hata porini msimu wa mvua? Shida iko wapi?

Kijiwe kinaitikia kwa makofi, Choggo naye hapoi; hataki kuchelewa tena kuchukua hatua.

Anaendelea...

Unaonaje ukifanya uamuzi leo kwamba kila inapowezekana utakwepa matumizi ya *plastic*? Madhara ya *plastic* kwa mazingira si sote tunayajua? Si tunajua kwamba *plastic* huishia kwenye ardhi yetu, mito, bahari na kwingineko? Na si tunafahamu kwamba *plastic* inachukua miaka milioni kadhaa kuoza? Si kuna lile kapu hapo home lililosukwa kwa ukili wa bibi? Au ule mfuko wa nguo hapo kabatini? Unaonaje ukitumia hivyo kwenda sokoni? Halafu...! Hivi, inashindikana nini kuacha kuchoma taka hovyoy?

Jingine tujiulize, hivi inachukua dakika ngapi kuzima zile taa, *laptop* na vifaa vingine vya umeme ambavyo huna kazi navyo kwa muda huo? Si itakuokolea nishati na fedha? Unaonaje ukipunguza manunuzi ya vitu ambavyo unatumia mara moja tu na kutupa? Uliwahi kufikiria kutumia nepi badala ya *diaper* pale utakapojaliwa mtoto? Hii pia si itaokoa mazingira na fedha?

Anhaa! Unaonaje ukianzisha mazungumzo katika ngazi ya familia au kila unapokutana na washikaji kama hivi? Ukawaeleza kuhusu athari za uharibifu wa mazingira, ukawafundisha vitu vidogo na vikubwa wanavyoweza kuvifanya kusaidia juhudi za kuilinda dunia yetu.

Ujue nini!? Najua sote hapa tunayafahamu haya na zaidi ya haya, ila huwa tunajifariji kwa kusema "nitafanya tu banna; kesho nayo ni siku"! Weeeeee, linalowezekana leo, lisingoje kesho. Naomba nikwambie, kisa kilichonikuta siku ya *Mock*, kilinifundisha kuheshimu muda. Nilijifunza kwamba, muda ni mali.

Hata katika hili la utunzaji wa mazingira, tusipoanza sasa, tutakuja kustushwa na sauti ya '*invigilator*' ikisema '*pens down*'! Dunia itakuwa imeshachafuka sana, joto litakuwa limezidi, viumbe hai watakuwa wamepungua, ardhi itakuwa haistawishi, vyakula vitakuwa adimu, samaki baharini watakuwa wametoweka, TUTAKUFA!



My unforgettable Mock experience!

I cannot for a second forget what happened that day, even though it happened 9 years ago! It happened while I was in form two, and on that it was a few minutes before 11am. I cried! But now every time I think about it, I just laugh to myself.

The schedule was out a full week before, so there was ample time for me to do the final touches, however I was quite the Last-Minute Guy, and even in all my books you'd find my aka: Choggo Bolibo or L.M.G.

"Ahh, I have time, I'll study soon!" I said to myself as I sat under the cashew tree at one of my regular spots. I was quite the talker, so whenever I was missing in action, all our hang out spots were dull! Once the boys saw me, everyone cheered. They all knew that because I was here, things were going to be lit. It is Saturday today, two days before the exam, and tomorrow Sunday, a day when the greatest rivals, Simba and Yanga, were scheduled for what would be, an interesting football match!

"We are going to beat you!"

"No way! You can't!"

And the arguments continued endlessly! Suddenly! I realized, Oh my! It was 8pm!

Everyone left, and I went home. I didn't read a single word!

"Arrrgh! Tomorrow is another day!" I consoled myself. I made my the bed and dove right into it.

Sunday was the day of the match, and its joy was in the noise and arguments. So, I got up and headed straight to my friends. The arguments from the previous day continued, and we all waited for the match to start. The match ended at a quarter to 7pm and every inch of me, even my hair, was tired. What made it worse; my team had lost! I was angry and just wanted to sleep, but it was just a few hours to my exam.

So I decided to study, and try fatten the cow at the auction! I then took a bucket, placed my feet in cold water, and studied till sunrise without sleeping a wink.

Monday arrived. The exam was Chemistry. I did just fine. The second was Mathematics, which I'm very good at, but the more I waited for the exam, the sleepier I got.

When the exam started, I read the instructions, and wrote my number and date. I skimmed through the questions quickly, "Ah, so easy!"

I said. But just as I was about to start, my resilience failed, and sleep overpowered me. "Just a few minutes, I said to myself, "When I wake up, I'll be fine." I then rested my head on the table. "Pens down!"

the invigilators voice shouted. It shocked me, and there on my paper was only my number and date!

It's a good lesson!

Aside from Chemistry, Biology and History, what happened to Choggo is a huge lesson. It was an event that taught him a lot, as they call it; *learning the hard way!*

Choggo changed his ways and studied all the way to University. He then got a job at an organization that educated the public about environmental conservation. His love for his hang out spots never ended; however, he began using them as a space to educate more people! Choggo went every day, and after a story or two with the boys, he then began talking about the environment. He would leave them with a lot of food for thought, then would do it all over again the next day.

The boys were shocked!...

"Choggo! You who loves football, today you are talking about the environment???"

Choggo explained what happened on the day of the Mock exam! His friends were all surprised! Each one of them began to wonder about the sound of the invigilator's voice.....

The biggest problem we have, Choggo summarized, is that we can never believe, that anyone, or us for that matter, can ever change.

The old Choggo is gone. I now use our hang outs to educate. So, lets get educated! Do you get me or am I on my own on this one?!

"We hear you!" the boys replied.

It's no secret that I was afraid at first. I asked myself that "

Aaaah, I, Choggo, just one guy.... how would I be able to contribute towards environmental conservation?"

It is true that, in this world of over 8 billion people, yes, one person can seem like just a drop of water in a bucket. But let's remember that over time, many water droplets, can fill a bucket.

Choggo explained more...

My fellow youth! Environmental degradation and climate change are words that aren't new to us. The experts have educated us, and organizations have aired their campaigns! The journalists have reported, and in class we have been taught!

When we hear about environmental degradation and pollution, the first thing that comes to our minds is, the smoke from the big, large and scary industries. In fact, we even remove ourselves from the situation by saying "Aaaaah that all happens in the western world! What industries do we have here that can pollute the environment?"

But, let's remember that, the world is one. There is no American world, or African world. Once the world is polluted and degraded, it's the same everywhere! Africa just as much as America!

There are many things, big and small, that you can do from where you are. All these can help in protecting our environment and reducing the negative effects of climate change.

I have a question for you all; what will it take for us to stop cutting down trees and burning forests? And, wouldn't it be a good thing to plant at least one tree right there in your homestead, as well as a few more every year?

He then continued...

About plastics; what if you decided today, that whenever you can, you wouldn't use plastic? Don't we all know the effects of plastic to our environment? If not, let me tell you; plastic can be found on land, in the ocean, and other places. Additionally, plastic takes a million years to rot! So, you know that woven basket that your grandma has at home? Or that cloth bag that you once saw stored in the cupboard?

Why don't you use those the next time you go to the market?

Aaaand!... How hard can it be to stop burning waste irresponsibly?!

Another thing we can ask ourselves is, how long does it take us to turn off the lights, computers or other gadgets that we are not using? Wouldn't it save you money and energy? What would happen if we reduced the manner in which we bought items that we only use once and throw away?

Aha!! How about you talk to your family or friends whenever you all hangout?! That will allow you to explain to them the hazards of environmental pollution, and you'll get to teach them about the things, both big and small, that they could do to help preserve our environment.

You know what? I know we all know these and more, however we usually say "tomorrow is another day. I'll do it tomorrow." Heeeeeeey! Whatever can be done today, should not wait for tomorrow!

Let me tell you, what happened to me during the Mock exam, taught me to respect time. I learnt that; time is money. All these lifeskills and more, are very important! And those are the skills that have gotten me where I am today!

And even when it comes to environmental issues, if we don't start now, we will be awakened by the voice of the 'invigilator', saying 'pens down!' But by then, the world will be polluted, the heat unbearable, all living organisms will have reduced in numbers, our land will be infertile, food scarce and fish insufficient! IT WILL BE HORRIBLE!



RAFIKI

CHANGAMOTO KATIKA MAISHA NI KITU CHA KAWAIDA. MASHAKA ANAPITIA MAMBO AMBAYO HATAKI KUFUNGUKA KWA WATU WAKE WA KARIBU NA TAYARI IMEANZA HATA KUMUATHIRI YEYE MWENYWEWE BILA KUJUA. LAKINI RAFIKI YAKE, ANAJITOLEA KUMSAIDIA. NI MSAADA GANI HUO? FUATILIA.

DAH! YAANI KILA SIKU HALI INAZIDI KUIWA MBAYA

SHAKAAA!
NISUBIRI TUONGOZANEE!

FANYA HARAKAA!

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NI AJE SHAKA?

FRESH TU

KITU GANI KINAKU TATIZA?

KWANI NIMESEMA KUNA KITU KINANITATIZA?

HAUJASEMA LAKINI UNAONEKANA HAUPO SAWA

!

YEAH! NI KWELI. KUNA ISHU INANISUMBUA KIDOGO

KAMA HAUTOJALI, Waweza KUNISHIRIKISHA?

YAMESHAKUWA MAZITO KWANGU, SIDHANI KAMA NA WEWE UTaweza

...MASHAKA AKAJIKWAA

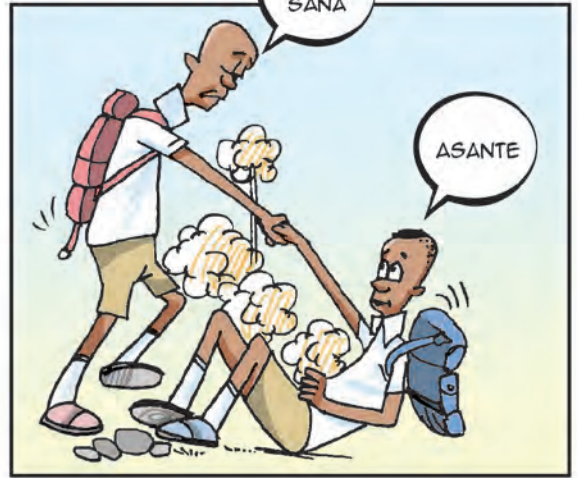


NA I VUMBI LIKATIMKA



POLE SANA

ASANTE



HATA MAISHA
NDIVYO YALIVYO,
KUNA KUANGUKA
NA KUINUKA

UNATAKA
KUSEMAGE
KWANI?



KUNA WAKATI
TUNA HITAJI
MSAADA
KUINUKA
TENA

YAH!



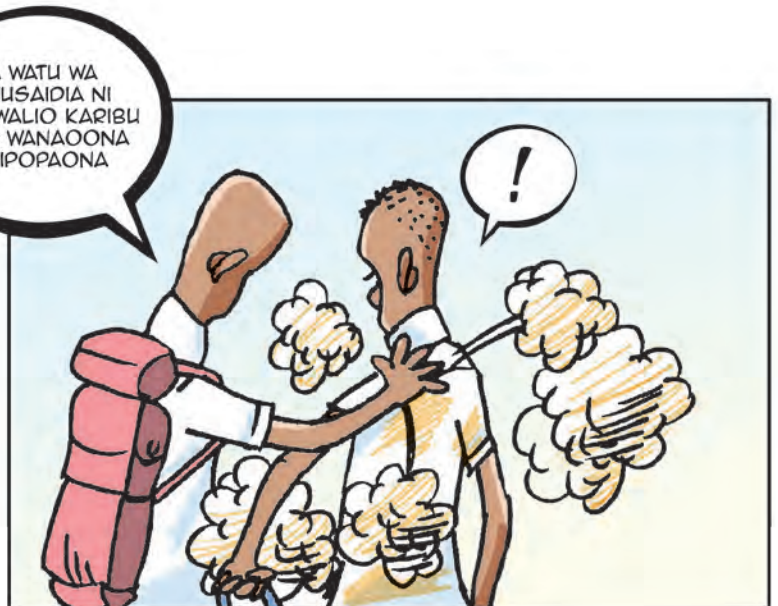
KUINUKA
NDOTO ZETU,
KUINUKA MATUMAINI
YETU NA HATA
KUINUKA FURAHA
ZETU PIA

ENHE!



NA WATU WA
KUKUSAIDIA NI
WALE WALIO KARIBU
NAWE WANAOONA
USIPOPAONA

!







Mficha maradhi...

NA RAPHAEL NYONI

Mbali na kupata burudani tuisahau pia elimu ambayo inatolewa katika burudani hizi, au sio jamani? Katuni ni nzuri kwelikweli na mafunzo yaliyo ndani yake mi yamenigusa mno.

Sijui wewe mwenzangu umeyaonaje?

Eti unauliza kwani katuni mwenyewe anasemaje? Ha haa!

Mi kuna jambo nimejifunza na ninapenda kukushirikisha, *hopefully*, na wewe utashirikisha wenzako na sote tutajifunza kitu, au sio? Kipo kitu nilichokiona kwa Mashaka halafu huwa nakiona kwa rafiki zangu wengi na wakati mwingine mi mwenyewe huwa nakifanya pia.

Hivi ni kwanini tunaposalimiwa hata kama mambo sio poa, huwa tunajibu ni poa? Na tuambiane tu ukweli, hakuna mtu ambaye hajawahi kuwa katika nafasi ya Mashaka, akaficha vitu ndani ya moyo wake na akashindwa kupata msaada stahiki?



Nani wa kumshirikisha?

Ule ushauri uliotolewa na Matumaini ni wa kuuzingatia mno! Sio kila mtu ni wa kumwambia kila kitu chako ila wapo watu wa kuwaambia/kuwashirikisha kwa kiasi wanachostahili.

Kuna watu ambao unaweza ukawaambia jambo lako na ikawa ni kama umempa silaha ya kukudhuru pale mnapotofautiana, anakuchoma na maneno yaleyale uliyomwambia na maumivu yake huwa hayaelezeki.

Ni muhimu kwenda na moja kichwani, weka akiba ya maneno usimalize yote. Sio kila mtu ni wa kumueleza shida yako ila kuna watu ambao unaweza ukawaambia na wakawa msaada mkubwa sana kwako.

Kuna watu ambao ni wabobezi katika kusaidia watu katika nyanja mbalimbali; ni wataalam, walisomea na wanajua maadili ya taaluma zao.

Kwa mfano

Walimu – Unaweza ukawashirikisha na wakakupa mwangaza wa njia ya kujiendeleza kielimu.

Afisa ustawi wa jamii – Kama kuna ishuru za kifamilia ambazo haziko sawa.

Askari polisi – Kama umetendewa ukatili au unyanyasaji na unaogopa kusema kwa watu kwa kumuogopa mtu aliyekutendea. Moja ya majukumu ya askari ni kulinda raia. Wanalo jukumu la kukulinda pia pale utakaporipoti kwao.

Wanasheria – Kwa masuala ya ushauri na kutoa miongozo kuhusiana na sheria mbalimbali.

Viongozi wa kidini – Kwa masuala ya ushauri wa kiroho na kiimani.

Wataalam wa afya – Kuna madaktari na wauguzi wa ushauri kuhusiana na masuala ya kiafya ikiwemo afya ya akili.

Unaangalia tu mwenyewe tatizo lako liko wapi halafu unachagua umfuate nani akuongoze namna ya kulitatua. Halafu pia kabla ya kufika huku kote ni vyema ukaanza na mwalimu mlezi hapo shuleni kwako, anaweza kuwa mlezi wa Club ya Fema hapo shuleni au mwalimu mwingine yeyote ambaye unaona utakuwa huru na salama kufunguka kwake.

Tunyooche maelezo basi

Kama rafiki yako anakuuliza “mambo vipi?” na hauko *fresh*, mwambie tu ukweli, usizuge. Au sio? Tuachane na habari za Mashaka, sisi tuwe wa uhakika.



It's the New Girl Power Team

Ni wasichana watano wanaotoka katika backgrounds tofauti, na wao ndio wanaounda timu kabambe ya Nguvu ya Binti. Wasichana hawa wanaonesha mifano hai ya hali halisi ya maisha, zikiwemo changamoto wanazokabiliana nazo, fursa wanazozipata, na namna mbalimbali ambazo wanaFema wanaweza kujifunza kutoka kwao.

"Wavulana je?"

Umesahau? Tulishakuletea timu ya Nguvu ya Kaka kwenye kurasa kama hizi mbona? Unalo toleo la 49 hapo maktaba? Enhee, em cheki humo, utawakuta. Nao wako bize na wanabamba hatari! Lakini tumekusikia, iko siku tutawaleta tena kwako, maana dah! Bila shaka wanayo mapya kibao ya kutueleza!

Nani ni nani katika Nguvu ya Binti?

They are five girls, from different backgrounds, and they form the prestigious Girl Power Team! These girls represent real life experiences, that include challenges and opportunities, and the various ways in which all Fema clubbers can learn from them.

"And what about the boys?"

We can't believe you've forgotten! We featured the Boy Power Team in pages just like these not too long ago! Check at the library, might you find Issue 49 there? Anhaaa, read through and you'll surely find them! They are alive and kicking! But! We've heard you, and we'll feature them again soon! They definitely have new things to tell us!

So, who is on the Girl Power Team?



Huyu ni dada mmoja *amaziiiiing* na kila siku anatoka kivingine. Ni mwanaharakati wa masuala ya vijana na pia ni model anayependa picha balaaa.

Mary ni mtoto wa mwisho katika familia yenye watoto wanne, wote wa kike. Ni mwenyeji wa Tanga. Binti huyu ni mwanafunzi wa chuo, yuko zake DIT akisomea Computer Science. Ni mwaka wake wa mwisho sasa, soon atatinga uraiani.

Ukijaribu kudadisi vitu apendavyo Mary, utachoka mwenyewe! "Muziki twende, mitindo ya mavazi ooh, hapo nimefika, kucheki movie nikiwa na rafiki zangu, napenda sana!" alisema Mary nilipozungumza naye. Tena hakusahau kuelezea mapenzi yake kwa makange ya kuku na chips! Yummy!

Mary yuko vizuri sana inapokuja kwenye masuala ya mbinu za mawasiliano, na stadi hii imemuwezesha kuyafikia malengo yake kadhaa.

Jambo moja linaloweza kumkosesha raha Mary, ni pale atakapogundua kwamba kuna mtu anamteta au kasingiziwa jambo. Aaah! Utamhurumia!

Kila mmoja wetu ana lake jambo ambalo angetenda kulifanyia kazi. Mary anasema ni changamoto kubwa kwake akijikuta katika mazingira yanayomlazimu kufanya maamuzi ndani ya muda mfupi. Hapo Mary hupata wakati mgumu sana kwa sababu anapenda kupata muda, kutafakari kabla ya kufanya uamuzi. Lakini kwa kulijua hilo, Mary anafanya kila awezalo ili ajenge uwezo wa kufanya maamuzi mazuri kwa muda muafaka.

Mary Mbago 24

Mary is one amaaaazing young girl, and every day, she reinvents herself. She is an advocate for youth, and a model who looooves pictures!

On the home front, Mary is the last born in a family of four girls, and her hometown is Tanga. Mary is also currently a student at the Dar es Salaam Institute of Technology, studying Computer Science. It's her last year of college, and soon, she'll enter the 'real' world.

Any attempts to summarize all the things Mary loves, will most likely be unsuccessful, because Mary likes sooooo many things! She likes music, fashion, and watching movies while hanging out with her friends! Her favorite food is chicken in gravy with chips on the side! "Mmmh! Delicious!" she said, during our interview.

Mary is very savvy in the way she communicates with others. This has helped her tremendously in achieving her goals! One thing that can steal Mary's happiness is when she gets wrongfully accused, or when she finds out someone is gossiping about her. It hurts her so much.

We all have things we'd love to improve on, and Mary admits that being in situations where she must make decisions immediately is one of her greatest challenges. Instead, Mary likes to take her time, think about things, and then decide. However, Mary is working hard to become a timely decision maker!

Well! It's time to meet the next girl! And she is...



Sumaiya Karim 22

Mpooooole na mwenye akili tele! Sumaiya ni mwanafunzi wa Chuo Kikuu cha Dar es Salaam akisomea fani ya Uchumi na Takwimu. Sumaiya ni mwanaharakati wa masuala ya jinsia, na kila aliye karibu naye analifahamu hili. Ni mtoto wa kwanza katika familia ya watoto watano. Anatokea hukooo uchaggani, Kilimanjaro, na asikwambie mtu, ni mchagga damu damu! Nyama ya ng'ombe inaweza kumfanya Sumaiya ale mpaka sio poa. Na sio kula tu, bali kwa mapishi pia yumooo! Akishiba aangalie zake movie au alale, basi hapo mambo waaaah. Usingizi unaweza ukapotea akisikia mtu fulani kafanyiwa kitendo cha ukatili kwa sababu yoyote ile! Hawezi kuvumilia! Anasema hajawahi kuona wala kusikia sababu yoyote ya maana ya kumfanya mtu amuumize mwenzake kwa ukatili. Sumaiya pia hupatwa na huzuni akiona mtu yeyote hana furaha. Atajitahidi kadri awezavyo kurejesha furaha ndani ya mtu huyo. Hakuna asiye na jambo linalomtatiza binafsi. Sumaiya naye analo lake! Inapotokea kwamba kuna jambo amelifanya na alitarajia matokeo mazuri lakini mambo yakaenda ndivyo sivyo, inamuwia vigumu kukubaliana na matokeo! Inamuwia vigumu kujifunza kutokana na kilichotokea badala ya kujilaumu. Ila, hajakata tamaa. Yuko gado na anapambana kuondokana na hali hii.

Quiet and super intelligent Yes! That's Sumaiya who is a student at the University of Dar es Salaam studying Economics and Statistics. Sumaiya is an advocate, and she campaigns for all things gender! Anyone who knows her, definitely knows that about her! Sumaiya is the first born in a family of five, and their hometown is Kilimanjaro, and let no one tell you otherwise, the Chagga blood runs in all her veins! Beef! Yes! Sumaiya can eat beef till she is absolutely stuffed! And she's not just good at eating, she's good at cooking too! Once done, Sumaiya sits to watch movies or sleep. However, even with her love for sleep, news of an act of violence for any reason whatsoever, will give Sumaiya sleepless nights! She can't stand it and won't tolerate it! Sumaiya also gets touched once she sees someone sad or unhappy. She'll do everything in her power to change their situation. No one is without challenges. Alike, she has hers. Sumaiya is always expectant of good results, and once the results are otherwise, it's hard for her to take in the lesson and move on past the disappointment. But... she hasn't given up! She's determined to change this. The the third girl is...



Panda mlima, shuka, kisha uzunguke mara mbili. Ukimaliza pumzika, halafu nyanyuka uanze safari ya kuizunguka dunia. Baada ya yote hayo, njoo tuwekeane dau, maana naamini bado utakuwa hujakutana na mtu asiyekata tamaa wa kiwango cha Asha Maneno.

Asha ni mtoto wa kwanza katika familia ya watoto watatu. Ni mwenyeji wa Morogoro. Alisoma na kuhitimu elimu ya msingi ila hakubahatika kuendelea na masomo, lakini kwake hilo halikumaanisha mwisho wa kusoma. Hakukata tamaa, akaendelea kupambana akifanya shughuli mbalimbali kujikimu, lakini wakati huo huo akijenga msingi wa jambo ambalo anatamani kulifanya maishani mwake. Asha anataka kuwa mwanasheria. Alifanya mafunzo ya Kiingereza, kwa kuanzia, na sasa hivi akikiongea, utafurahi!!! Baada ya pilika kibao za maisha na kwa sababu anawakilisha vijana wengi tu wa Kitanzania, Asha akajikuta ni mmoja wa wasichana wanaounda timu ya Nguvu ya Binti na amekuwa katika timu hii kwa miaka kadhaa sasa.

Asha anakiri kwamba, miaka kadhaa iliyopita, hakuwa akijitambua kama anavyojitambua sasa. Lakini siku zote amekuwa akiweka nguvu katika kujifunza na kusikiliza ili aweze kujitambua zaidi. Binti huyu anasema yuko katika harakati za kupambana na tabia yake moja ambayo haipendi. Anasema pale akili yake inapopata wazo kubwa huwa anaingwiwa na woga kwamba "watu watanionaje nikitekeleza hili halafu nifeli?" Anasema kwa muda mrefu amekuwa akijijenga kuishinda tabia hii na anaona amefanikiwa kwa kiasi fulani, lakini bado hajafikia kiwango alichojiwekea. "Inawezekana tabia hii inanichelewesha kufikia ndoto zangu," anasema.

Tukiachana na yote haya, Asha anaenjoy kutazama maji baharini na kulala. Kabla sijasahau! Anapenda kula samaki sio kidogo! Nikisema tumjue zaidi hatutamaliza, tuishie hapa kwa leo.



Asha Maneno 29

Let's make a bet – go ahead and run a marathon around the world, with mountains included, be it up down and around it twice, but you still won't be able to find a person who is as determined as Asha Maneno!

Born in Morogoro, Asha is the first born in a family of three. She studied hard and successfully completed her primary education, but she was unable to continue with further studies. But Asha didn't give up, and instead, remained resilient, and started small initiatives that allowed her to sustain a living. She also continued to work hard to try and build a foundation of what was her absolute dream; to become a Lawyer!

Asha began by learning English, and if you hear her speak now, you will truly admire her! In addition, Asha hustled and worked hard to represent Tanzanian youth, and now she is one of the members of the Girl Power Team.

Asha admits that, in the past, she wasn't as self-aware as she is now. However, she has dedicated her time to listening and learning more, so that she can improve.

Like many others, she has things about herself that she isn't proud of and is working to change. She constantly battles the fear of people's opinions in case she fails in an attempt to do something. Asha says that she has been working on this for a long time, and though she has made great improvements, she still hasn't reached the level she intends. "It's possible that this behavior is holding back my dreams," she says. Other than that, Asha enjoys watching the serene ocean and sleeping. And oh wait! Before I forget! Asha also loves eating fish! A lot of it! Anyway, let's end here for today, because getting to know everything about Asha will take more than a day! Next lady please...



Jennifer Kayombo 24

Ni kiongozi nje na ndani ya familia. Yeye ndiye mtoto wa kwanza katika familia yao akiwa na wadogo zake wa kike na wa kiume wanaomtamazama kama kioo chao. Jennifer ni Mngoni akitokea hukoooooooo Songea.

Kufurahi, kutabasamu, kuogelea, kuandika story za kuvutia na kuangalia filamu ni vitu vinavyompa raha Jennifer, hasa akiwa na mchemsho wa kuku pembeni. Ikitokea kuna mtu kamkera Jennifer, au ameshindwa kufikia malengo fulani aliyojiwekea basi hujihisi mnyonge ghafla. Lakini maisha hayaishii hapo.... anasonga mbele!

Jennifer ana shahada ya Project Planning, Management and Community Development kutoka Chuo Kikuu cha Dodoma (UDOM). Zaidi ya kuwa mmoja wa wasichana wanaounda timu ya Nguvu ya Binti, Jennifer ni mwanaharakati wa masuala ya wasichana na wanawake, championi wa masuala ya afya ya uzazi, Afisa Miradi, Afriyan Tanzania na Mwenyekiti Mwenza, TAYARH Coalition.

Kuna kitu kikubwa anachokiamini na hapa anatushirikisha: "Msichana aliye na ujuzi, maarifa na fursa anaweza kuwa wakala wa mabadiliko".

Ubunifu umemwezesha Jennifer kufanya mambo yake katika namna ya kipekee na yuko vizuri linapokuja suala la kutatua matatizo kwa njia zilizo bora.

Ila dah! Kuna jambo ambalo Jennifer anapambana nalo na analifanyia kazi. Si jambo rahisi kwake kusimamia na kudai haki yake kwa utaratibu. Lakini, anaamini baada ya muda, atalishinda hili.



Jennifer is a leader both in and out of the family! She is the first born in her family. Her siblings, both boys and girls, look up to her as their role model. Jennifer emanates from Songea and is of the Ngoni tribe.

After having feasted on some boiled chicken, Jennifer also enjoys swimming, writing, and watching films. She is however greatly saddened by people who annoy her and/or if she fails to achieve targets that she has set for herself. Needless to say, life doesn't stop... and Jennifer quickly moves on!

Jennifer attended the University of Dodoma and graduated with a degree in Project Planning, Management and Community Development. And aside from being a Girl Power Team member, she is also an advocate on all matters affecting

women and girls, a champion in sexual reproductive and health issues, a Project Officer at Afriyan Tanzania and a Co-chair of the TAYARH Coalition.

Jennifer's greatest belief, that she would like to share with us is that; "A girl with skills, information and access to opportunities can easily become an agent of change." Creativity has helped Jennifer successfully go about her daily activities and to do them in a manner that is unique and rare. She is also very good at solving problems in innovative ways! But hey! There is one thing that Jennifer really struggles with and continues to work on – she says she doesn't know how to politely negotiate for her rights. She however believes that she will successfully master this in time.

Ukikanyaga katika ofisi za Femina, atakayekuwa wa kwanza kunasa macho yako ni Suzan Elias. Kama sio kwa mtindo wake wa nywele, basi ni kiatu alichovaa au pamba alizotokanazo siku hiyo! Wow! Hapa ofisini tunamwita designer! Suzan amekuwa na uthubutu katika kujisimamia na kuwasimamia wengine kwenye nyanja mbalimbali, na katika hilo amefanya mengi.

Ni mwenyeji wa Rukwa na ni mtoto wa pili katika familia ya watoto wanne, wote wa kike. Anapenda ndizi nyama vibaya mno!!!

Sasa bwana; Suzan ni mhitimu wa Chuo Kikuu cha Dar es Salaam mwaka 2020, ambapo alitunukiwa shahada ya Ustawi wa Jamii. Zaidi ya kuwa katika timu ya Nguvu ya Binti, Suzan pia ni Afisa Masoko katika kampuni ya GeoAfrica na ni champion wa haki za watoto na vijana.

Ni mwanadada anayependa kutembelea sehemu mbalimbali ambazo hajawahi kufika huku akisikiliza muziki taratariiibu. Yeye na watu wanafiki, wambea na wavivu haziivii hata kidogo. Kwa sasa Suzan anajifunza mbinu zitakazomwezesha kufanya maamuzi mazuri ndani ya muda mfupi pale inapohitajika. Anaamini kwamba, iko siku ataukamata tu ujuzi huu!

The first person who'll catch your eye, once you step into the Femina offices, is Suzan Elias. If it's not her unique hairstyle, it'll be her shoes or the outfit she has on! Wow! Here at the office, we have nicknamed her the designer! On the work front Suzan has dared to advocate for herself and others, and in that area, she has done very well.

Suzan originates from Rukwa and is the second born in a family of four, all girls. She admits that more than anything, she loves bananas and meat.

In 2020, Suzan graduated with a degree in Social Work from the University of Dar es Salaam. And not only is she a member of the Girl Power Team, but she is also currently the Marketing Officer at GeoAfrica, and an advocate for children and youth.

She loves touring new places whilst listening to slow music. And what she dislikes is people who gossip, are lazy and/or are dishonest.

As we speak, Suzan is working toward learning tactics that will help her make better decisions in a timely manner. She believes that soon, she'll have mastered it!

Suzan Elias 22



Hawa ndio mabinti wa nguvu wa timu ya Nguvu ya Binti!! Una swali?
Tucheki basi katika namba yetu 0753003001 au vipi?
And there you have it! There are the members of the new Girl Power Team!
Any questions? If yes, then definitely reach out to us on 0753003001!



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@feminahip.or.tz
SMS: 0753003001

Hellow Anti. Pole na kazi. Mimi ni msichana wa miaka 15 niko form 2. Yupo kijana mmoja anaenitaka kimapenzi lakini mimi sitaki. Kila tukikutana ananishikashika na nikimkataza anacheka na kufanya mzaha. Nashindwa nifanyeje. Naomba ushauri wako.

◆ Suala la kutongozwa mara kwa mara, na kuguswa sehemu yoyote ya mwili wako kwa nia ya kuamsha hisia kingono bila ridhaa yako ni unyanyasaji na udhalilishaji kijinsia. Ni muhimu kwako wewe pia kuhakikisha kuwa unaepukana na mazingira ambayo mnajikuta mko peke yenu. Kwa kuwa umri wako ni chini ya miaka 18, sheria inakulinda sana, kwani ni kosa la jinai kuwa na uhusiano wa kimapenzi na mtoto kama wewe. Adhabu yake inaweza kuwa kifungo cha hadi miaka thelathini jela. Ukiwa na marafiki zako, mnaweza kumwelimisha huyo mtu na pia kumweleza kuwa hamtasita kuchukua hatua endapo ataendelea kukunyanyasa.

Pia, shirikisha wazazi wako ili wakusaidie kumwonya huyu kijana. Unaweza kumshirikisha mlezi wa Fema Club shuleni kwako. Ukiwa na wenzio na ukakutana naye tena, mweleze kuwa anakufanyia ukatili wa kijinsia na unaweza kumripoti endapo hatoacha kukusumbua. Hali ikizidi toa taarifa kituo cha polisi kilicho karibu nawe na piga simu kwenda namba 116, kwa msaada zaidi wa kisheria.

Kwa wanachama wa Fema Club, tunaweza kusaidiana ili kukomesha vitendo hivi katika jamii zetu. Tukiona mtu yeyote anapitia unyanyasaji, tupaze sauti zetu ili kumsaidia. Kwa pamoja tunaweza.

Habari Anti, mimi nipo kwenye mahusiano na kijana mmoja na tunapendana sana. Lengo letu ni kuja kuoana lakini wazazi wangu wananiambia kuwa siwezi kuwa na huyo kijana kwakuwa tuna undugu. Hata hivyo, undugu wenyewe ni wa mbali sana. Anti tafadhali naomba ushauri, nifanyeje na tunapendana sana?

◆ Wakati mwingine tunapofanya maamuzi huku tukiwa tumetawaliwa na hisia kali, mfano mapenzi, si rahisi kumwona mtu vile ambavyo wengine wanamuona. Huenda wazazi wako wanasema ukweli ya kwamba nyie ni ndugu, au kutokana na uzoefu walionao wa kuwasoma watu wanaona kitu ambacho wewe hukioni, na wameamua kuweka kigezo cha undugu ili msiwe pamoja. Ongea vizuri na wazazi wako ujue ni kwanini hawataki wewe uwe na huyo kijana. Jaribu kuangalia kwa makini endapo wana sababu za msingi. Jipe muda wa kuangalia zaidi ili uweze kufanya maamuzi yenye faida zaidi kwako sasa na baadae.



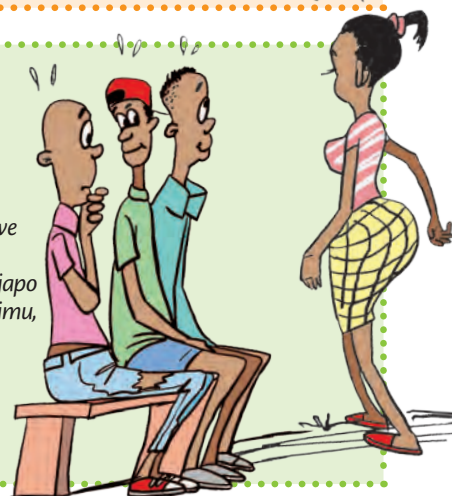
Mpendwa Anti, nitamjua je mtu anaenipenda?

◆ Jambo la kwanza ni kujiuliza, je wewe unajipenda? Umejipa nafasi ipi kwako binafsi, kiafya na katika malengo yako ya maisha? Unajithamini kiasi gani? Angalia ni namna gani unawaona wale uwapendao kwa dhati, uko tayari wafanikiwe? Je, si unapenda watimize ndoto zao, na pia wawe na furaha? Huwezi kupima upendo wa mtu kwako kwa maneno yake tu, pia huwezi kuona ndani ya moyo wa mtu japo unaweza kusoma matendo yake, anayekupenda atakuheshimu, atakusikiliza, atakujali, atakulinda na atakushirikisha katika mambo muhimu. Hatapenda uwe katika nafasi ya kuumia au kukulazimisha kuingia katika mambo yatakayokuumiza. Pia ni muhimu sana kujipenda wewe mwenyewe kwanza kabla hujatafuta upendo kwa wengine.



Nina msongo wa mawazo Mpendwa Anti. Saa zingine hali hii hunipelekea hadi kupoteza fahamu. Chanzo cha haya yote ni kutukanwa na mpenzi wangu maneno mazito kwa mfano "kenge asie beba mimba". Mpendwa Anti, nakuomba nisaidie. Nifanyeje? Ni mimi Neema.

◆ Habari Neema. Katika maisha, tunapokutana na matukio yenye kuleta msongo wa mawazo au ya kuumiza, kama ukatili wa kijinsia, yanaweza kusababisha mtu apate sonona, wasiwasi na matatizo mengine ya afya ya akili. Hali hii pia inaweza kuathiri afya ya mwili. Jambo muhimu ni kwamba hali hii inaweza kupata tiba. Unaweza kuchagua mtu unayemwamini sana, kama vile mzazi, ndugu wa karibu, kiongozi wako wa dini, na kuzungumza naye kuhusu hali unayoipitia. Endapo ataridhia, mwenzi wako naye anaweza kuhusishwa katika haya mazungumzo. Kama hali itazidi kuwa mbaya, basi fika kituo cha afya onana na wataalam wa afya ya akili. Ni vema pia kuonana na daktari bingwa wa masuala ya akinamama ili kuzungumzia masuala ya uzazi, ikiwezekana, uwe pamoja na mwenzi wako. Pia jaribu kujishughulisha zaidi na usiwe na muda mwingi wa kuwaza yale yanayokuletea msongo.



ANTI COS ANAJIBU MASWALI YENU



Dear Anti, tafadhali naomba msaada maana naweza kufa kwa mawazo; mimi ni binti nina miaka ishirini. Nimekutana kimwili na wavulana tofauti tofauti lakini baada ya muda mfupi wote huniacha. Ikitokea hivyo huwa wananiambia mimi mbaya na walinitumia tu bure. Haya maneno yananiumiza sana najiona sina thamani tena. Naomba unisaidie nifanyeje nitokane na hiyo hali.

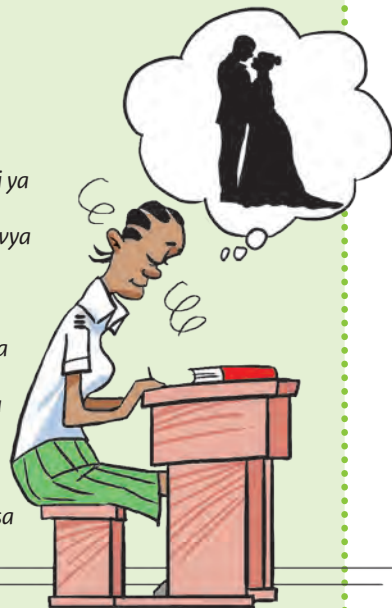
◆ Pole sana. Ni vema ufahamu kuwa wanaume wengi sana wanaweza kuingia kwenye mahusiano kwa ajili ya ngono tu. Haja yake ikiisha basi atatafuta njia za kuhakikisha uhusiano huu unakufa kabisa. Kumwambia mwanamke ni mbaya ni moja ya njia hizo. Hali hii inaweza kumfanya mtu ajione mbaya, asiye na thamani kabisa, na hivyo kupelekea kutojiamini, kupata msongo wa mawazo na kusababisha afya yake ya akili na mwili kuzorota. Yawezekana pia wengine wanapomuona mtu kwenye hali hii badala ya kumsaidia huiona kama fursa na ku-take advantage, na hivyo kushindilia msumari kwenye kidonda wakamuumiza zaidi. Rudisha hali ya kujiamini, usiharakishe kuingia kwenye uhusiano na mtu, jipe muda wa kujenga urafiki na kuzoeana naye kwanza. Jishughulisha, usikae peke yako. Thamani yako haitaonwa na mtu anayekudharau bali anayekuthamini. Anza kwa kujithamini mwenyewe. Na pia kumbuka, msongo wa mawazo unaweza kutibika, fika kituo cha afya kwa msaada zaidi na ushauri.

Naitwa Anastazia kutoka Iringa. Ningependa kuuliza, eti nywele za kwapani huwa zinanyolewa?

◆ Hello Anastazia, hakuna sababu za kiafya zinazokutaka unyoe nywele, iwe za maungoni, kifuani au kwapani. Ukiamua kunyoe sawa, ukiamua kukaa nazo hivyo hivyo sawa. Lakini, ukiamua kunyoe, kumbuka kutokuchangia wembe wala vijaa vya kunyolea. Ili kujikinga na magonjwa hasa hasa maambukizi ya Virusi vya UKIMWI. Kuwa makini pia usijikate kwani vidonda vinaweza vikaleta shida. Kama umeamua kunyoe hakikisha unanyoe kwa kufuata namna nywele zilivyoota. Si unajua ukitazama nywele hata kichwani unajua vishina vinaota kwa kuelekea wapi? Enhee, basi usiende kinyume na vishina. Hii itasaidia kuacha vishina vikiwa vimechomoza kidogo ili vinapoota tena visianze kutafuta njia mpya na kukusababishia vipele ambavyo wakati mwingine hutunga usaha na kuwa vidonda.

Mpendwa Anti, mimi ni msichana mwenye miaka 17 na nasoma kidato cha tatu. Anti, yupo mwanauume niliyempenda na yeye pia ananipenda, tatizo ameshaoa. Mimi ningependa aje anioe. Unanishaurije kwa kuwa bado nampenda?

◆ Asante kwa swali lako na pole sana. Cha muhimu kukitafakari ni kuhusu afya yako. Hadi sasa, upo kwenye mahusiano ya mtu zaidi ya mmoja (multiple concurrent partnership) na afya yako ipo hatarini. Ni rahisi sana kwa wewe kupata magonjwa ya ngono au hata virusi vya ukimwi. Kataa kabisa kuwa katika mahusiano na mtu ambaye sio mwaminifu kwako, ili ujilinde Jambo lingine la msingi ni kwamba kwa umri wako wa miaka 17, wewe ni mdogo sana, kisheria bado ni mtoto, bado una nafasi kubwa sana ya kujenga maisha yako mwenyewe, kufukuzia ndoto zako. Weka mkazo kwenye masomo na stadi za kujenga maisha yako, una uwanja mpana sana wa kufanya maamuzi sahihi bila kuathiri malengo yako na ya watu wengine. Jibu la hili swali liko ndani ya uwezo wako, jiulize maswali ufanye tafakari. Wahenga walisema jasiri haachi asili, kama ameweza kukosa uaminifu kwa mkewe wa sasa, nini kitazuia asifanye hivyo pia kwa mke yeyote mwingine atakayefuata? Nini kinaleta shida kwenye ndoa aliyonayo? Familia yake itaathirika vipi?



Mpendwa Anti, pole na kazi. Swali langu ni je, iwapo una mpenzi wako ambaye tayari ameshakuchumbia, lakini mchumba huyo akakuacha bila ya wewe kujua na akaenda kumchumbia msichana mwingine, je unaweza ukafanyaje? Mimi naitwa Jesca.

◆ Habari, kwanza tafuta uhakika wa shutuma hizi kuhusu mchumba wako. Ukihakikisha kuwa ni kweli, basi shirikisha wazazi wako na wa kwake na aitwe ili atoe jibu la mwisho. Fahamu pia kuwa mapenzi hayalazimishwi. Kama ameamua kuoia mtu mwingine, kubaliana na matakwa yake na uendelee na maisha yako. Wahenga walisema kuwa panapofuka moshi pana moto, hata kama akiamua kukuoa wewe, ujue hali hii inaweza kuendelea kwenye maisha yenu. Tafakari sana kuhusu nini unahitaji katika ndoa na uhusiano, kisha fanya maamuzi yenye faida zaidi kwako, sasa na baadae.

MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unao gopa kujitosa katika biashara? Biashara inakwenda mrema? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalamu wetu wa masuala ya ujasiriamali! (angalia mawasiliano ukurasa wa mwanzo wa jarida).

Anko Pesa, mimi ni kijana naitwa Pius. Maisha ni magumu sana na kila siku najiuliza nianzishe mradi gani ambao utanisaidia kupata kipato? Kikwazo kikubwa kwangu ni kwamba nina kawaida ya kukata tamaa. Naomba ushauri.

Habari gani Pius? Kukata tamaa ni sumu ya ujasiriamali. Usikate tamaa. Kukata kwako tamaa kunaweza kuwa kunatokana na matarajio makubwa, ya haraka ambayo hayaendani na uhalisia. Wahenga wana usemi "mji wa Roma haukujengwa kwa siku moja." Chukua maendeleo ya mradi kama hatua inayopigwa kila siku. Kwanza mradi wenyewe kuwepo tu ni hatua kubwa ya mafanikio. Kisha endelea kuutunza uwepo, huku ukibuni njia za kuukuza. Unapokuwa na mradi na watu wanauona kwa muda mrefu yenyewe ni hatua ya mafanikio. Kujuana na watu kunakupa uaminifu na kuungana na wengine katika soko. Nayo ni mafanikio na ni aina ya mtaji. Kujiunga na vikundi, kuweka akiba na kupokea mafunzo nayo ni mafanikio. Kuweka akiba kutakuwezesha kukopa, kukopa kutakuwezesha kuwekeza mtaji ikiwa pamoja na vifaa vipya, hii itakuwezesha kukua bishara yako. Kumbuka dhumuni kubwa la biashara yako ni kujipatia riziki yako ya kila siku na siyo maisha ya anasa. Mwalimu Nyerere alisema "kazi ndiyo utu wa mtu."

Shikamoo Anko Pesa, pole na majukumu na asante kwa kuendelea kutuelimisha. Mimi ni miongoni mwa vijana wanaotokea katika familia duni, hata hivyo, nimebahatika kufaulu na kuchaguliwa kujiunga na Chuo cha Maendeleo ya Jamii cha Buhare. Tatizo ni kwamba, nyumbani kuna pande mbili zenye mawazo yanayokinzana; kaka yangu anadai niache kwenda kujiunga na masomo niende Morogoro nikafanye nae biashara, lakini mama anapenda nikasome hata kama hali ni mbaya nyumbani. Naomba ushauri wako. Shule napenda lakini maisha ya kwetu pia yananiumiza.

Katika jamii yoyote kuna makundi ya aina tatu. Aina ya kwanza wako kama asilimia arobaini, wao ni "wenye busara." Aina ya pili nao ni asilimia arobaini hao ni "pasua kichwa." Waliobaki, ambao ni asilimia ishirini, hao wanaitwa "fuata upepo." Matatizo mengi katika jamii yanatokana na hawa fuata upepo. Wanayumba. Wenye busara wakizungumza wanaenda kwao. Pasua kichwa wakizungumza wananurudi kwao. Fuata upepo hawana msimamo, hawana kauli.

Sasa kijana wangu, wewe una admission ya chuo mkononi mwako. Mama anataka ukasome, kaka ukafanye biashara. "Wewe unataka nini?" "Acha fuata upepo," "chukua hatua!" Wewe ndio mwenye karata ya mwisho. Tuandikie kwenye makala inayofuata tujue "kombe kalibeba nani."



Anko Pesa mimi naitwa Esther natokea Singida. Natarajia kwenda chuo cha mapambo lakini dadangu ananivunja moyo kwa madai ya kwamba kazi ya mapambo haina kipato kizuri. Mimi napenda sana mapambo na lengo langu nisome ili nijiajiri na niwajiri wenzangu. Sijui hata nifanyeje naomba ushauri wako.

Habari za Singida Esther! Dada yako ana haki ya kujadiliana na wewe kwani yeye ndiye anayekusomesha. Ninge kuwa katika nafasi nzuri zaidi kukushauri kama ningejua dada yako anakushauri ukasome nini. Ni kweli kazi za mapambo zinalipa, ila tu zimerasmishwa hivi karibuni kama somo kwenye vyuo vya ufundi. Mtu mwenye kipaji na kupenda kupamba anaweza kupamba tu pasipo kusomea (japo kusomea kutaongeza tija). Wapambaji wengi ninaowafahamu utakuta wana stadi na ajira zao nyingine. Kwa mfano ni walimu, masekretari, wahasibu, bibi shamba, au mafundi wa kushona. Kwa maana nyingine dada yako anachosema tafuta kwanza kozi itakayokupa ajira, kisha endelea kufanya kazi ya kupamba kama "mpango wa kando." Kama utalipa basi ufanye kuwa "njia kuu" lakini kazi hiyo ikipata changamoto kutokana na ushindani nk basi uwe na ujuzi unaoweza kuurudia ama kwa kuajiriwa au kujiajiri.

ANKO CHRIS ANAJIBU MASWALI YENU

Asante sana Anko. Swali langu ni kwamba; nina tatizo la kutegemea kitu kisha kinakuja ndivyo sivyo halafu nakuta nashindwa kulifanya jambo langu. Ikitokea hivi huwa naumia sana sijajua tatizo nini? Saa nyingine najiuliza je, sina bahati kwenye maisha? Naomba unisaidie kwa hili.

Kwanza nazipokea pongezi zako na'nnasema asanteeee! Unajua duniani kuna changamoto nyingi tu. Uathirikaji wa mtu mmojammoja na changamoto hizi unatofautiana siyo tu kwa sababu ya tofauti za changamoto, bali pia tofauti ya namna zinavyopokelewa. Mwingine anajihurumia mno, anawaza sana, anajisikitikia, na kuishia kuwa na msongo wa mawazo. Huu ni ugonjwa unaoongezeka kwa kasi sana duniani. Wahenga wana usemi kwamba ukishika glasi yenye maji yaliyofika nusu, usiseme yamepungua nusu, sema yamejaa nusu. Huenda mipango yako imejaa nusu, haikutosha lakini imetimia kwa kiasi fulani. Mkakati unaotakiwa sasa ni kubuni mpango wa kurekebisha palipo na mapungufu ili uendelee mpango wako utimie. Mwenyekiti Mao aliyekuwa kiongozi wa kwanza wa China alisema "unaweza kurudi nyuma hatua moja, ili upige hatua mbili mbele." Ukiona mkakati uliokuwa nao haukuwezeshi kuanzisha biashara yako, unaweza ukarudi kufanya kazi ya kibaru, ili urudi kwenye biashara yako kwa kasi mpya. Using'anganie kuifanya biashara yako kama unaona haitafanikiwa.



Hello Anko! Pole na majukumu. Mimi naitwa Najma na nimemaliza kidato cha nne mwaka jana. Kwa bahati mbaya matokeo hayakuwa mazuri na sasa nimekuwa mtu wa kupata lawama kutoka kwa familia yangu. Kila siku naambiwa sina akili na nimepoteza nauli yao kwa miaka minne. Inanikosesha amani Anko! Natamani kufanya kazi ili niondokane na hizi lawama na pia nipate hela ya kujiendeleza kimasomo ila sijui ni kazi gani. Naomba ushauri wako.

Habari gani Najma! Kwanza hongera kwa kumaliza kidato cha nne Najma. Pili pole kwa lawama. Lawama zinazotoka kwa wazazi mara nyingi ni mafundisho. Ni mfumo ambao uko katika jamii kurithisha mafundisho kutoka rika moja kwenda jingine. Hii ni shule yako ya pili. Si ya sekondari bali ya jamii.

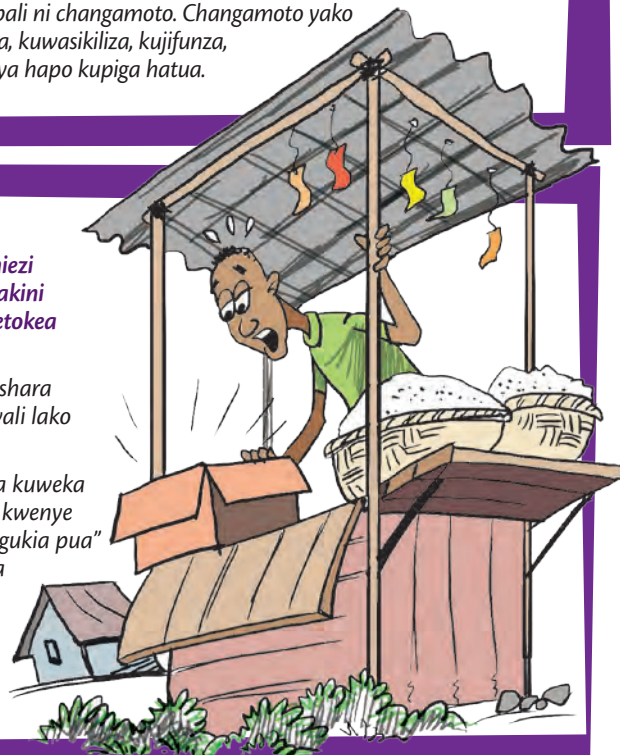
Nahisi familia wanaanza kukumbuka ya nyuma (yaani nauli yao ya sekondari) baada ya kuona vijimakosa vingine vidogo hapo nyumbani. Ninachokushauri, japo hukufanikiwa kwa kiasi walichotarajia kwenye mfumo rasmi wa elimu, vuka matarajio yao kwenye elimu ya mfumo usio rasmi, yaani maisha. Kuwa mtiifu, amka kwa wakati, fanya kazi zako kwa mpangilio, jibu vizuri, kuwa na furaha, mkakamavu na mcheshi. Waonyeshe tabia yako ni nyota inayoweza kung'aa katika maisha.

Nakupongeza kwa wazo la kutafuta shughuli zako na kutumia kipato kijiendeleza kimasomo. Haya uyafanye kwa furaha na siyo kama mkimbizi kutoka nyumbani. Msichana jasiri ni yule anayetatuwa changamoto zake na kuziona siyo tatizo bali ni changamoto. Changamoto yako ni kushuka, kuwapenda wanaokufundisha, kuwasikiliza, kujifunza, kuyafanyia kazi hapo hapo ulipo. Baada ya hapo kupiga hatua.

Habari Anko Pesa. Mimi nina biashara ya genge. Genge hili linauza viungo vya chakula na mahitaji ya ndani. Nilianza na mtaji wa laki moja na nusu, na niliendesha biashara kwa miezi miwili. Nilivyopiga hesabu ya mzigo uliopo gengeneni nilikuta una thamani ya shilingi laki 4 lakini tangia hapo mpaka sasa gengeneni hakuna hata mzigo wa laki nashindwa kuelewa nini kimetokea na sina matumizi. Naomba ushauri wako!

Habari gani mpendwa msomaji wa makala ya Anko Pesa! Kwanza hongera kwa kuanza biashara yako ya genge. Inaonyesha biashara yako imepanda na kushuka. Tatizo liko hapo kwenye swali lako mwenyewe. Umesema "umeshindwa kuelewa nini kimetokea."

Wahenga wanasema kushindwa kupanga ni kupanga kushindwa. Usipojenga utamaduni wa kuweka kumbukumbu za mauzo, matumizi mengine, manunuzi, mali zilizopo kwenye duka, stoo, na kwenye mzunguko, benki, na unazozichukua kwa matumizi binafsi ni rahisi kujikuta biashara imeangukia pua" kama unavyoielezea ya kwako. Pia itakuwa vigumu kugundua wizi, na hasara iliyotokana na kuharibika kwa mali. Hivyo nakushauri anza utaratibu wa kuweka kumbukumbu. Fungua kitabu cha hesabu za biashara. Tafuta vikundi vya vikoba vilivyo karibu na wewe ambavyo hutoa mafunzo ya namna ya kuweka kumbukumbu za biashara. Utaratibu huu utakuwezesha kuona mwenendo wa biashara, kukopa pale ambapo imeshuka, na kuweka akiba pale ambapo umepata faida kubwa kama wakati ule ulipokuwa na 400,000/-.





Mambo vipi? Hii ndo ile sehemu yetu pendwa ya kupaza sauti na kujiachia tupendavyo! Tunafanya hivyo kupitia mitandao yetu ya kijamii ya Facebook, Instagram, Twitter kwa kutumia @feminahip. Pia tunapatikana kwa SMS kupitia 0753003001 na wadau wetu makini kabisa wa posta, sanduku letu ni 2065 Dar es Salaam. Pamoja na yote hayo, unaachaje kutufuatilia kupitia tovuti yetu ya www.feminahip.or.tz



FACEBOOK

Kwaheri Mama Minou na Hongereni sana. Hongera pia kwake kwa utumishi bora na uliotukuka, Mungu amjalie maisha marefu, tutaendelea kumuombea. **Misungwi Fema Club.**

Jarida 59 ni poa sana na nichangie, urafiki kabla ya digitali ulikuwa ni wa kweli maana watu walikuwa wanakumbukana kweli kweli lakini sasa mmmmmmmh umejaa umbeya tuuuu maana kwa siku waweza kuongea na rafiki yako mara tatu kama unakunywa dawa lakini hakuna hata cha msingi mnachoongea. **Donald Chama**



INSTAGRAM

@Kalamamalila2

Ki ukweli Femina mko vizuri kuelimisha vijana. Mimi ningeshauri kijana kujikita ktk masuala ya ujasiriamali kupitia rasilimali au fursa walizonazo.

@simatitus

Kujiingiza kwenye madawa ya kulevyu, ulevi hivi vitu vinazima ndoto za vijana wengi... ili kuepukana na hivyo vyote yakupasa kuchagua kundi la vijana safi wasio na tabia za ajabuajabu.



KILA BAADA YA DAKIKA, TULIPOKEA SMS! 0753003001

"Habari Femina! Mimi maoni yangu ni kwamba hili jarida la Fema lipewe kipaumbele sana maana linatoa fursa kwa wote walio na vipaji mbalimbali hasa waandishi wa tamthilia na mambo mengine mengi. Kwa waliojiunga na Fema jitumeni ili muweze kutangaza vipaji mliyonyavyo kupitia kwenye majarida ya Fema na mwenyezi Mungu atawajaalia." **Emmanuel Mathias Lukasi, Ulungu Secondary**

"Nawapongeza sana Femina kwa kutuelimisha! Nawaomba muanzishe utaratibu wa kufikisha majarida nje ya shule maana sisi ambao hatusomi hatuyapati kwa urahisi." **Paschal Juma kutoka Ziba, Igunga**

"Naitwa Sarah Donald naishi mkoa wa Mbeya wilaya ya Kyela. Natoa shukrani zangu za dhati kwa waanzilishi wa Femina kwani nimeweza kujifunza mambo mengi sana ikiwemo ujasiriamali na pia nimeweza kukabiliana na changamoto mbalimbali. Ahsanteni sana Femina Hip." **Sarah Donald**

Sasa basi, WanaFema mkipewa chalenji – mnatisha kabisa!

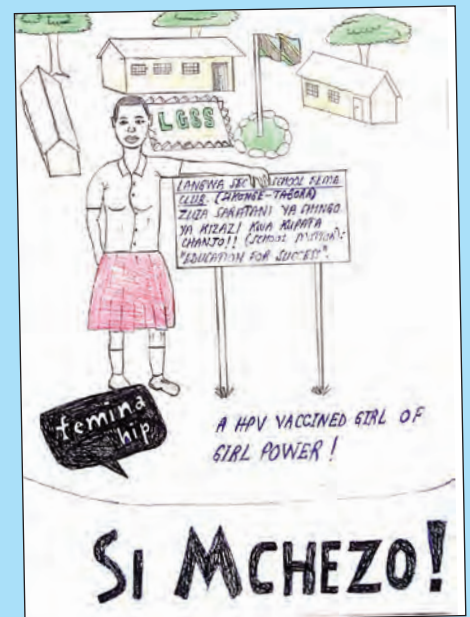
Katika chalenji zilizobamba hatari, hii ni mojawapo. Haikuwa rahisi kwetu kuzitupa kapuni kazi za washindi ambao hawakushika nafasi ya kwanza, tukasema wacha nao tuwarushe, walau katika kurasa hizi. Hawa ni baadhi ya wanaclub waliotisha kabisa katika chalenji ya saratani ya shingo ya shingo ya kizazi.



Kwedizinga lazima mnawafahamu! Haya, hawa hapa na bango lenye madini tele!



Kazi amazing ya Kyimo Secondary!



Hawa wakaamua kuandaa jarida lao kabisa. Kumbé wachoraji wamejaa tele!



Kwani mtandao wenyewe unasemaje?

NA POWER TEAMS

Daniel, Suzan na Asha ni marafiki wa muda mrefu na pia ni watu wa kupiga story kila mara. Hata hivyo, hivi karibuni, Suzan amekana kuwa mwenye mawazo sana na hata wakipiga story hachangii. Siku mmoja Daniel na Asha wanamkuta Suzan ameketi peke yake maeneo ya vimbwete vya chuo. Basi paap! Wakamtokea Suzan na mjadala ndo ukawa hivi!



Daniel: Suzan, mbona umekaa peke yako, kwema?! Au kimeshaumana?

Asha: Nakwambia! Ndio nini hebu tueleze mapema maana hapa kila mtu akipita anakuona. Halafu wewe sio mtu wa kukaa peke yako, mara zote tupo mtu tatu, kulikoni leo?

Suzan: Yaani naona tu mnanipigia kelele, niacheni kama nilivyo maana maisha yangu naona yanazidi kuangamia.

(Daniel na Asha wakatazamana kwa mshangao!)

Daniel: Kwani kuna nini?

Suzan: Yani sina hela wiki nimetesea kweli. Nimekosa hata hela ya kununua nguo na naona kabisa jinsi fasheni zinavyonipita!

Daniel: Nguo?????!

Suzan: Ndiyo! Wenzetu kila kukicha wanapost mitandaoni wamevaa pamba kali kinyama yani hadi nimedata! Sijazoeleka kabisa kukaa bila kupost, si mnajua watu wananiita mimi role modo wao!

Asha: Kwahiyoooooooo, embu subiri kwanza, labda sijaelewa vizuri. Ina maana unateseka hivi kisa mitandao ya kijamii??? Kwani ukipost bila kuvaa nguo mpya unajisikiaje eenh?

Daniel: Hapo ndio najaribu kuwaza! Unajua hii ni wiki sasa tangu uwe mwenye huzuni. Yaani unaruhusu life ya social media iku-drag down kiasi hicho?? Daah! Haha haha.

Suzan: Unajua nyie hamuwezi kuelewa kwa sababu hamko kwenye nafasi yangu ya u-superstar na watu wanavyoniona hapa chuoni na kita kwetu. Mngekuwa kama mimi mngejua ni jinsi gani ninavyowaza na kuwazua kuhusu hili jambo dooh! My friends mambo sio poa, napatwa hadi na headache kidizain yani!

Asha: Hahahahahaha jamani kama urole model wa mtandaoni uko hivyo bora nisiwe tu! Yani mpaka utafute nguo mpya! Mweh!!

Suzan: Na mkiacha hilo, nina jingine pia linanitiza! Juzi nilipostiwa mtandaoni nikila bata na kama mnavyojua social media inavyo save matukio! Aisee! Image yangu jamani!



Asha: Kizungu wanasema “once you post something on social media, it can never be deleted!” Sijui unanipata?

Daniel: Tunakupata kinouma nouma, ila unajua nini, vijana siku hizi wanapost vitu bila kutambua baadae kwenye future itakuwaje yaani kifamilia au hata life in general.

Asha: Hilo nalo neno. Umeongea jambo la muhimu sana. Siku hizi video nyingi za hovyoyote huwa ni za vijana ina maana hawawazi kwanza kabla ya kupost. Matukio ya vijana kupost vitu visivyoeleweka yamekuwa mengi kwa kweli.

Suzan: Sasa ndugu zangu mbona kama mnanisema mimi hivi na wakati nimeomba ushauri wenu nifanyeje kwenye hili jambo linalonitiza?

Daniel: No Suzan, sio kwamba tunakusema, hapana! Tunajaribu tu kuangalia jinsi dunia inavyokwenda inatakiwa tufikie sehemu tuwe tunapost vitu ambavyo vinaleta manufaa.

Asha: Ni kweli kabisa. Sisi Power Teams ni ma role model, tuwe kweli mfano wa kuigwa katika mambo yaliyo mema.

Daniel: Nafikiri elimu ya suala zima la kujitambua inahitajika sana hasa kwa sisi vijana ambao kwetu mitandao ya kijamii imekuwa kama chakula, hakuna siku tunamiss!!

Asha: Naona Suzan unatingisha kichwa ha haaaa!

Suzan: Yananiingia hayo mnayosema. Ahsanteni kwa kunisanua marafiki zangu maana I was dying.

Asha: Relax, yameshaisha. Haya toeni vitabu tusome. Ya Ngoswe tumwachie Ngoswe!

Daniel: Sema Kimeumana!! Hahaahha.....

Asha na Suzan: Kimeumanaaa ha haaaa!





Wakali wa 29 hawa hapa!

Lutozo Fema Club. Hawa ni washindi wa kwanza wa challenge no 29, wanapatikana Geita. Katika ripoti yao, wanasema, “tulisoma jarida tukafika katika ukurasa wetu pendwa wa Club Challenge”. Hapo wakakutana na challenge isemayo: Buni namna yoyote ya kuelimisha wanafunzi wengine au jamii inayowazunguka kuhusu saratani ya shingo ya kizazi na chanjo ya saratani hii. Itumieni zana mtakayobuni katika kuelimisha jamii kisha muandike ripoti iliyoambatana na picha zinazoonyesha zana mliyobuni na namna mliyoyitumia kuelimisha wengine. Wao wakasema, tunataka kubuni zana ya kudumu. Zana tutakayoitumia kwa miaka kadhaa kufundishia jamii. Tushinde, tusishinde, tutakuwa tumejifunza na pia tutakuwa tumetengeneza zana itakayookoa jamii yetu.



Wakaingia mzigoni.

Walikuja na ideas kibao lakini hatimaye wakakubaliana kutengeneza ‘kinyago’ kinachoonyesha via vya uzazi vya mwanamke kwa ndani, ili iwe rahisi kuonyesha maeneo ambayo kwa kawaida hushambuliwa na saratani ya shingo ya kizazi.

Walitumia miti, waya, unga wa muhogo, karatasi zilizolowekwa, rangi, vijibomba, bulb na mbao. Iliwachukua takriban miezi miwili hadi kukamilisha ‘kinyago’ hicho. Lakini kwakuwa hawakutaka kupoteza muda, walianza kuelimisha jamii kuhusu mada hiyo kwa kutumia jarida la Fema na walifanikiwa kuwafikia wanafunzi wote.

Hebu tusikumalizie uhondo! Cheki pichani hapo uone kitu walichotoka nacho!

Unakumbuka tulisema kuna surprise?

Lutozo Fema Club wamejishindia Tshirts 40. Tshirt 20 kutoka Femina, nyingine 20 ni kutoka kwa wadau wetu Girl Effect. Makofi mazito sana kwao Lutozo Sec. Tisha sana!





Washindi wengine watano hawa hapa:

2. Kwedizinga Fema Club – hawa wanapatikana Tanga pale.
3. Langwa Fema Club – wanapatikana Tabora
4. Kyimo Fema Club – wanapatikana Mbeya
5. Kiloleli Fema Club – hawa wako Mwanza
6. Businda Fema Club – hawa pia wako Geita

Surprise kwa mara nyingine

Si mnafahamu kwamba mshindi wa pili hadi wa sita kwa kawaida hujishindia doti moja ya khanga ya Femina? *This time* mambo ni tofauti, kama tulivyosema mwanzo kwamba challenge hii ilikuwa 'spesho'.

Mshindi wa pili hadi wa sita, watajishindia fulana 30 (thelathini) kila mmoja. Fulana hizi ni kutoka kwa wadau wetu Girl Effect. Yaani wadau wetu wametua-suprise hata sisi!



CHALLENGE NO. 31

Sasa sikia: Fema iko katika mwonekano huu ilionao kwa miaka takriban minane sasa.

Kuna sections, kama cover story, photostory, dear auntie, ruka juu, lifeskills na nyingine kibao. Pengine wakati umefika, iwe na sura mpya na **sections** mpya. Challenge no 31 imejikita hapo hapo na inakwenda hivi:

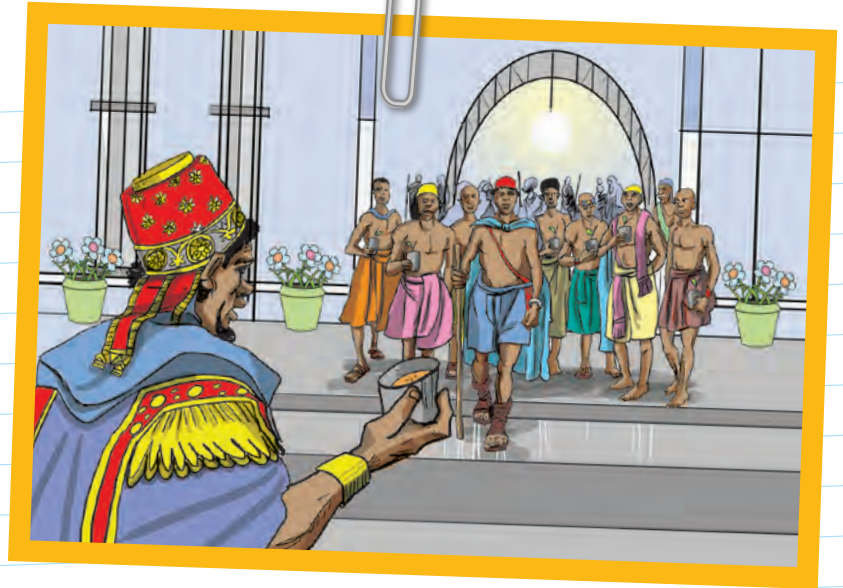
Club yenu ingepata nafasi ya kupendekeza section **moja** tu, **mpya** iongezwe kwenye jarida la Fema, mngendekeza nini na kwanini? Taja **jina** la 'section mpya ambayo mngeiongeza, elezeni **maudhui** ya section yenu mpya (itakuwa inahusu nini), kisha chukueni karatasi na muisanifu section yenu hiyo ili tuone mwonekano wake utakavyokuwa. Mtakapomaliza, tutumie ripoti ya jinsi mlivyotekeleza Club Challenge hii pamoja na mwonekano wa section yenu mliyoipendekeza. Washindi kama kawa ni sita. Mshindi wa kwanza atajishindia fulana 20 za Femina na washindi wengine watano watajishindia doti moja ya khanga kwa ajili ya shughuli za club.

**Deadline
ya chalenji hii ni
NOVEMBA 15, 2021.
KILA LA KHERI!**

Na washindi
wataangazwa katika
toleo namba 62.

**KWA MAWASILIANO TAZAMA UKURASA WA
MWANZO KABISA WA TOLEO HILI.**

Mfalme mwenye akili nyingi



Hapo zamani za kale alikuwepo Mfalme mmoja aliyeitwa Munde. Mfalme Munde alikuwa na wake watatu na watoto kumi na sita wa kiume. Mke wake wa kwanza aliyeitwa Milembe alikuwa na watoto saba, mke wa pili aliyeitwa Kabula alikuwa na watoto watano na mke wa tatu aliyeitwa Mwalu alikuwa na watoto wanne. Siku moja mfalme Munde aliwaita watoto wake wote ili wamsaidie kuvuna mahindi. Watoto wote walifika katika nyumba ya mke wa kwanza ili wamsaidie baba yao kazi. Walifanya kazi hadi wakamaliza kuvuna yale mahindi kisha wakarudi kupumzika.

Ilipofika jioni Mfalme aliwaambia wanae, kuna mtihani nataka kuwapa. Watoto wote waliuliza, "Mtihani gani huo baba?" Mfalme akawaambia, tulieni msubiri mtihani huo. Baada ya siku kadhaa Mfalme aliwaita tena watoto wake ili awapatie ule mtihani. Watoto walifika wote ili wafanye mtihani huo. Mfalme akasema kwamba nawapatia mbegu hizi za mahindi mkazipande, baada ya siku kumi na nne ziwe zimeota. Mfalme akaongeza kuwa yule atayeotesha mahindi haya atakuwa Mfalme wa kijiji hiki. Watoto wote walikubaliana na huo mtihani wa baba yao.

Baada ya siku saba mtoto mmoja mahindi aliyopewa yalikuwa hayajaota. Mtoto huyo alikwenda kumwambia mama yake kuwa mbegu zangu hazijaota, mama yake akamwambia chukua mbegu nyingine upande ili ziote uwe Mfalme lakini mtoto yule alikataa. Siku kumi na nne zilipowadia watoto wote walirudi kwa baba yao kutoa taarifa ya kuota kwa mbegu zao. Mfalme akawaambia kila mmoja aonyeshe alipootesha. Mtoto ambaye mbegu

hazikuota alikuwa anatemeka kwa sababu alikuwa na hofu juu ya zile mbegu zake. Mfalme alianza kukagua zile mbegu, kila aliyemkagua mbegu zake zilikuwa zimeota isipokuwa yule mtoto mmoja tu. Baada ya Mfalme kumaliza ukaguzi wake, kwa furaha kubwa alimwendea yule mtoto ambaye mbegu zake hazikuota akamshika mkono na kumsimamisha mbele ya watoto wenzake na kusema kwa sauti "Huyu ndiye Mfalme wa Himaya hii kuanzia sasa kwa sababu mbegu nilizowapatia zilikuwa zimechemshwa zisingeweza kuota." Mtoto huyu alifurahi sana na wenzake wakabaki wanashangaa.

Hadithi hii inatufundisha kuwa waaminifu. Imetungwa na WILLBROAD ERASTO MALELEMA Businda Fema Club.

Hongera Erasto, umejishindia Tshirt ya Fema. Itakufikia soon - Mhariri

Una hadithi uliyotunga mwenyewe?

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

Hadithi isiyoziidi
maneno 350

Compete and Win!!! Naam, lile shindano lenu kabambe, bado lipo kama kawa. Ni namna rahisi kabisa ya kujinyakulia Tshirt bomba kutoka Femina! Safari hii, zoezi limebadilika kidogo. Utaona.

Jinsi ya Kushiriki

- * Mtu yeyote anaweza kushiriki shindano hili.
- * Ni shindano la mtu mmoja.
- * Chora puzzle kwenye karatasi, kama ilivyo, kisha zungushia kisanduku katika majina, kwa kufuata mfano huo wa jina PENDO uliotolewa kwenye puzzle.
- * Ukishayazungushia kwenye puzzle, chini yake orodhesha majina yote uliyoyapata.
- * Andika majibu yako katika karatasi nyingine, sio kwenye ukurasa huu.

- * Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili). Kwenye subject andika COMPETE & WIN.
- * Hakikisha unaweka anwani yako ya barua na ikiwezekana weka namba yako ya simu.
- * Washindi watakuwa ishirini (20) na kila mshindi atajinyakulia fulana kutoka Femina. Changamka!

**MAJIBU
YATUMWE KABLA
YA NOVEMBA 15, 2021**
Jinsi ya kutuma:
Angalia anwani katika
ukurasa wa mwanzo.
Washindi watatangazwa
katika toleo la 62.

WASHINDI WA TOLEO LILILOPITA

1. Ahazi E. Mwaijumba, Kwela Sec, Sumbawanga
2. Laila Yusuph Ally
3. Husna Salumu Hanga, Nambambo Sec, Lindi
4. Ismail Ngura, Galanos Sec, Tanga
5. Celina N. Paschal, Omumwani Girls, Bukoba
6. Samson Mathias Ntahimpera, Minaki Sec, Kisarawe
7. Beatrice Peter Mito, Songea Girls Sec, Songea
8. Paschalia Godfrey Monela, Magamba Sec, Katavi
9. Isaya Peter Katambala, Kasokola Sec, Mpanda
10. Suwedi Kazembe Juma, Tosamaganga Sec, Iringa
11. Fakihi Shamimu Kolopo, Newala FDC, Mtwara
12. Boniface N. Peter, Ndanda High School, Mtwara
13. Petro P. Mussa, Mshikamano Sec, Musoma, Mara
14. Loveness T. Ephraim, Kondoa Girls High School, Dodoma
15. James Elisha Ndugal, Igaga Sec, Shinyanga
16. Makungu John Nkwabi, Nkoasenga Sec, Arusha
17. Ibrahim Halili Issa, Unyamikumbi Sec, Singida
18. Ikupa Solomon Mwakosya, Ipinda Sec, Mbeya
19. Happiness Christian Ndunguru, Tubuyu Sec, Morogoro
20. Emmanuely Johnface Uhehwa, Lyamkena Sec, Makambako.

TAFUTA MAJINA YA WAFANYAKAZI WA FEMINA, MENGI KADRI UWEZAVYO

A	O	W	N	S	G	E	O	F	F	R	E	Y	Q	D
Z	O	F	K	U	P	R	C	H	B	Q	D	B	R	I
X	J	R	P	M	I	O	S	K	J	G	H	A	M	N
Y	U	W	U	A	R	T	D	C	R	T	N	Q	H	N
G	L	O	R	I	A	C	I	N	O	R	E	V	L	O
I	I	F	C	Y	L	I	T	B	E	A	K	J	S	C
U	E	U	O	A	O	V	R	B	A	P	F	D	D	E
R	N	R	N	S	M	I	A	V	I	H	S	A	N	N
E	P	U	S	H	P	A	L	D	G	A	T	V	Y	T
F	G	T	T	A	Q	Q	B	T	K	E	N	R	D	O
I	J	H	A	D	Q	W	B	I	I	L	A	D	A	F
N	H	I	N	D	O	O	N	R	L	M	S	Y	N	M
N	A	M	C	A	K	A	R	A	B	I	U	Y	I	U
E	N	M	I	C	H	A	E	L	L	E	S	L	E	Y
J	K	O	A	F	H	T	R	S	U	N	I	B	L	A

★
*Nguvu ya Binti
Hawa Hapa*
★ ★



KATUNI



femina
hip

SI MCHezo!