



## ENGLISH

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## KIKUYU

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## MAHIGA ACTION B: HARVESTING FLOOD WATER FOR FARMING.

We, Mahiga Action B small group have come up with innovative ways of combating drought in our area which is a semi arid area.

We have constructed a dam that collects run away water during rainy season. This water is preserved and we later use it irrigate our trees and also water the seedlings.

We are happy now that most of the trees we plant are able to survive harsh dry spells. We are thinking of ways we can make our pond habitable to fish so that we can start fish rearing.

We have also learnt new best farming practice- Conservation Farming – from TIST program. We are now practicing it for the first time and hope to increase our yields.



**English:** TIST field monitors inspecting tree nursery for Mahiga Action B small group during their field visit.

**Kikuyu:** Amwe a TIST makirorera miti iria ikomereirio ni Wabichi ya Mahiga.

## GIKUNDI KININI KIEGA KIA MAHIGA: KUHITHIRA MAI MARIA MARERETE NA URIMI.

Ithui turi ta gikundi kinini kia Mahiga ni twonete njira njeru iria tungihuthira riria kwaga mbura gwitu makiria kuria gutonaga mbura maita maingi.

Tuthondekete ndemu iria ciunganagia mai hindi ya mbura. Mai maya maikaraga hau ndemuini na thutha tukamahuthira guitiriria miti na mimera itu.

Turiakenu riu tondu mimera itu ni irahota kuhurana na riu inene. Riu turechiria uria tungiiga thamaki ndemuini ici nigetha twambiririe uriithi wa thamaki.

Nituthomete njira njeru cia urimi – Urimi Mweaga- kuma Kuri TIST. Nihindi turahuthira urimi uyu rita riambere naniturehoka kwongerera magetha maitu.



**English:** Water harvesting dam. Farmers in arid areas are tapping flood water during rainy seasons and later use during dry spells.

**Kikuyu:** Ndemu cia kungania mai ma mbura. Arimi aria mari kundu kumu maraiga mai ma mbura na thutha kumahuthira hindi va riu inene



## **NARUMORO OFFICE: WE TAKE PRIDE IN SERVING TIST COMMUNITY.**

We the Narumoro office have achieved exciting new goals during the month of April 2007. We take pride in serving the TIST community well especially the TIST participants.

The in-house trainings conducted this month were both successful. Kiamahuri and Kahurura venues were well attended. Participants are very happy for being equipped well with core program components. Participants were particularly grateful for being taught the economic, social and environmental benefits of planting trees.

Conservation farming topic came at the right time when the farmers were preparing their shambas for the next season. Farmers were happy with this new farming method and were all eager to practice it. Those who had already practiced offered encouragement to others by sharing their comparative yields with the conventional farming. They said that conservation yields were doubled the yields from traditional farming.

Quantification has been going smoothly and we commend the Quantifiers for their good efforts. We also have new Quantifiers, Leah and Simon. We have confidence with them that they are going to work hard. This office wishes them good luck, and promises to provide them with any assistance they may require from us.

Recruitment and registration of new small groups is as well running smoothly. We continue to go to new areas and bring more people on board. Truly, TIST is making a difference.

## **WABICHI YA NARUMORO: GWITIIRA GUKURIA TIST.**

Itui ta wabichi ya Narumoro nitwonete magegania mweri-ini uyu wa kana 2007. Nituretia gukorwo hamwe na TIST ona gukorwo turi amwe a TIST.

Urutani uria turathomithirio mweri uyu urari wa bata muno. Urutani uria wari Kimahuri na Kahururu niwathiitwo wega. Anyitaniri nimakenete niundu wa kumenyithio wega uyu mwega wa Tist. Aria mokite nimakenire niundu wa guthomithio mawega ma kuhanda miti.

Githomo kia Urimi mwega kirokire ihinda riria riagiriire, hindi iria arimi marahagiriria migunda yao niundu wa kimera giki kingi. Arimi nimakenire muno niundu wa urimi uyu mweru na othe mari na wendi wa kugeria urimi uyu. Aria

manahuthira urimi uyu mwega, nimaracheire aria matarimageria umiriru wa kuhithira urimi uyu thutha wa kuringithania magetha mao riria marahuthira urimi uyu nariria matauhuthagira. Maraigire ati urimi mwega ni maita meri gukira urimu uria mahuthagira mbere.

Utari wa miti no urathie nambere wega, na niturachokeria atari a miti ngatho niundu wa wira wao mwega. Turi na atari eru, Leah na Simon. Turi na mwihoko ati nimakuruta wira mwega. Wabichi niiramendera mahinda mega na nitwirutiire kumateithiriria oharia mangienda kuma kuri ithui.

Uthomithania na wandikithia wa ikundi njeru no urathie na mbere wega. No turathii na mbere guthie matura-ini meru na guthomithia ohamwe na kugia na andu eru. Nima, TIST ni ya mwanya.



**English:** Brwua 21: TIST small group tree nursery.

**Kikuyu:** Nathari chia ukomereria wa miti cia TIST.

**TIGITHI CONSERVATION SMALL GROUP:  
OUR GAINS SO FAR.**

**GIKUNDI KININI KIA TIGITHI: MAWEGA  
MARIA TWONETE.**

**TIST AND DEVELOPMENT**

TIST has come to our community  
Not to bring us handouts  
But to give us knowledge  
And raise our living standards.

Through tree planting  
We get incentives of carbon credits  
We improve our weather condition too  
And hence we get good rainfall

We have gained knowledge on  
conservation farming  
We now get more yields from our farms  
And we can proudly lay a square meal daily  
Through our efforts

Come all and join hands with us in TIST  
To eradicate poverty and improve  
our well being  
Let us say 'No' to relief food  
TIST has enabled us to feed ourselves.

**By Eunice Wambui.**

**TIST NA UTHII WA NAMBERE**

TIST niyukite gwitu.  
Ti guturehera uteithio.  
No nigutuhe ugi.  
Na kwagiria miturire itu.

Na njira ya kuhanda miti.  
Tugite na riera itheru.  
Na rikagira.  
Na niundu wa uguo tukagia na mbura nyingi.

Nitugite na ugi hari urimi mwega.  
Riu nituragia na magetha maingi kuma  
migundaini itu.  
Na nituragia na irio cia kuigana hari o mutheya.  
Kuhitukira wirutiri witu.

Ukai inyothe tunyitanitanire na TIST.  
Tunine thina na twagirie muturire witu.  
Rekei turegane na irio cia uteithio  
TIST niituhotithitie kwihe  
irio cia kuigana.

**Ihaririirio ni: Eunice Wambui.**



## KINYARITHA OFFICE SPREADS TIST BENEFITS TO NEW AREAS.

Kinyaritha office is still expanding. We have continued to go to new areas and spread TIST benefits to communities.

TIST farmers have increased their effort in planting trees. A case in point is MITI ni Mali small group which our Quantifiers recently counted 74,199 live trees!. This is a excellent job and the office has continued to train farmers on benefits of tree planting and particularly in regards to reducing carbon levels in the atmosphere where they earn income besides other benefits.

Conservation Farming remains a success story. TIST farmers are now practicing it on their entire crop farms. For now, food security among the TIST community members in these has been addressed. Never again, people will depend on relief food!

The TIST best practices that include rotational leadership blended with servant leadership has not only made the small groups to harmoniously conduct their activities but has greatly been replicated in community leadership where increased responsible, accountable leadership and governance has been experienced. People, in or out of the program, that have benefited with this topic have increasingly adapted better ways of managing conflicts in the society. It is a valuable practice.

## WABICHI YA KINYARITHA: GITHEREMIA MAWEGA MA TIST MATURAINI MERU.

Wabichi ya Kinyaritha no irathie na mbere. Nituthiite matura-ini meru nagutheremia wega ya TIST kuri aikari akuo.

Arimi a TIST nimongereire kio kiao hari uhandi wa miti. Ngerekano imwe ni ta Gikundi kinini kia Miti ni Mali kuria matarire miti 74,199. Uyu ni wira mwega muno na Wabichi niithiite na mbere guthomithia Arimi wega wa uhandi wa miti na kunina riera ritari riega ohamwe na mawega mangi maingi.

Urimi mwega no urathie na mbere gutherema. Arimi a TIST nomarathie nambere na kuhuthira urimi uyu. Arimi aria mari rungu wa muungano wa TIST matikaheo irio cia

uteithio ringi, niundu marikoragwo na cia kuigana kuma migundaini yao.

Utongoria wa gutukanio kwa kahinda kanini na kanini niutumite nguataniro ini irute wira mwega ohamwe na gutuma andu aigi mwanya myanya magie na umenyo na uigiriri mukaru, na wa kwihokeka. Andu aria marihamwe ona aria angi marinja ya TIST aria marahuthira njira ino ya utongoria nimahotete kurua ma wagi wa thayu miturireini yao. Ni njira ya bata muno.



**English:** TIST small group participants in local seminar at Kigucwa chief camp. Kigucwa is among the new areas our office is now servicing.

**Kikuyu:** Themina imwe yari Wabichi-ini ya Chifu iria iri Kigucwa. Kigucha ni kumwe kwa matura maria turatungatira.

Areas that we have recently covered include Kigucwa, Mulango, and Igembe. We will make these new areas a true success as well.

As Quantifiers travel far and wide during their quantification work, sometimes they came across marveling natural features. For instance, a pair of Quantifiers- Jane and Josephine, while quantifying a group near a certain forest, they were taken round a particular shrine/ cave that has been named by the local community as “Power house’. It is a beautiful, quiet scenery with historical and spiritual significance that the local people regard as a holy place. The beauty of nature truly manifests here and the Quantifier encouraged them to continue preserving the forest.

Kigucwa, Malango na Igembe ni kumwe kwa matura maria tuhotete gutheremia wega wa TIST. Tugitigirira matura maya nimathie na mbere ouria twahota.

Ouria atari a miti mathiaga miena na miena miingi riria maratara miti, rimwe nimonaga magegania maingi ma thi. Ta Ngerekano, Jane na Josephine magitara miti hakuhi na mutitu umwe nimatwarirwo ngurunga-ini iria ihetwo ritwa ni aikari a itura riu ta “Ngurunga ya Hinya”. Ngurunga iyo ni thaka muno, horeru ina maundu mega magitene na mawitikio maria matumite aikari a itura riu mahatwe handu hatheru. Uyu ni uthaka umwe na ugegania wa thi, na atari acio a miti mathingiriirie mathie na mbere na kumenyerera mititu.



**English:** Mr. Peter Ndirangu, a TIST trainer during a local seminar at Mukono in Tigania East.  
**Kikuyu:** Mr. Peter Ndirangu, umwe wa arutani a TIST thiinie wa themina yari Mukono gichigo kia Tigania ya irathiro.





## CHUGU OFFICE FINDS A TRUE ‘FRIEND’ IN A TREE.

### MY FRIEND – THE TREE.

My friend the tree  
A sure reminder of God’s provision for us.  
And all His creation  
A beautiful canopy you have.

Your unseen roots are the means of  
sustenance

You hide your age within your body  
The wind blows and the rain beats upon you  
And we hear you bend and sigh  
Taking the strains of life

You stretch out of your arms  
To the dome of the sky  
And you allow others to make a home with you  
Rabbits burrow beneath you  
Squirrels make a ladder  
My friend tree, you are a refuge for life.

The tree is a friend  
Direct and indirect provision  
Shelter, shade, and firewood you provide  
Clean air we breathe  
You beautify our country  
Fruits and medicine you provide  
A true source of life to mankind.

## WABICHI YA CHUGU: KUONA ‘MURATA’ MWERU THIINIE WA MUTI.

### MURATA WAKWA – NI MUTI

Murata wakwa – ni Muti  
Uturirkanagia wega wa Ngai.  
Ohamwe na umbi wake.  
Kanyumba gathaka turinako

Miri yaku iria itonekaga niyo uriaga nayo.  
Uhithite ukuru waku mwiri-ini waku  
Ruhuhu ruhurutana na mbura ikaura.  
Tuiguaga ukiugiriria na hinya hamwe na kuinama.  
Ukihurana na mitino ya uturo

Utamburuagia moko maku.  
Iguru rieraini  
Ugetikiria angu guthondeka uikaro  
magikuhuthira.  
Mbuku cienjaga marima maguikara rungu  
rwaku.

Nduru onacio igathondeka ha guikara.  
Murata wakwa – nima uri gaturu ka uturo.

Muti ni murata Mawega ma mithemba.  
Utuheaga Uikaro, Kiruru ohamwe na ngu.  
Tukahuhia riera itheru.  
Ugathakaria bururi witu.  
Ugatuhe matunda na ndawa.  
Nima wi gaturu ka uturo wa mundu.



**English:** Small group members assisting one of their members in harvesting her crops.

**Kikuyu:** Ikundi nini igiteithiriria umwe wao kugetha magetha make.



## 7 WAYS TO BETTER MANAGE YOUR TIME.

Time is one of the most precious gift we have been given. God has given us time to learn, love, work, and have fun, and even to get healthier and wiser.

As you grow into a more complete individual, you realize how precious time is, and how important it is to use it to your advantage. Whether it is time to go to school and get the most out of it, to start a family, to give more to your existing family, or even to start a business, learning how to organize and manage your time is the best way to reach your goals and become more successful.

Follow these simple tips to help you manage time and lead a more a productive life:

### Tip 1: Determine your priorities.

Find out what is most important to buy by giving everything in your life – from family, friends and partners to work, play, studies – a level of priority.

Divide a piece of paper in 4 section each with a number from 1 to 4, 1 being the first priority of your life into the appropriate box. You will now have a clear idea of what things in your life should be considered big priorities, lower priorities, etc.

### Tip 2: Make a list of your life- long dreams and start working towards them.

Include any and every unfulfilled dreamt you ever had. Be creative. Write down a list of goals and dreams that you want to achieve. Every year, at the start of the year, you can review this list, cross out whatever has been done and add new things. Then (and always with your priorities I mind) start working and moving towards achieving one or more of these dreams and goals.

## MAUNDU MUGWANJA URIA UNGIHUTHIRA MATHAA MAKU.

Mathaa ni kindu kimwe kia maundu marie mega muno tuhetwo. Ngai atuhete mathaa ma Guthoma, Kwenda, Kuruta wira, gukena ohamwe na kugia na ugima mwega wa mwiri na kugia na ugi muingi.

Ouria urakura noguo umenyaga wega wa mathaa, na uria ari wega kumahuthira nigetha ugie na uguni. Akorwo ni mathaa ma guthie chukuru, kwanjiriria muchii, kwanjiriria biashara. Kumenya uria unghithira mathaa maku niyo njira imwe iria njega ya gukinyira mwihoko waku na kuhota gutorania.

Rumirira njira ici huthu na niukuhota kuhuthira mathaa maku wega na uture muturire mwega.

### 1: Umenye maundu maria ma bata.

Umenye nikii kia bata muno kugura muturireini-kuma kuri Family, arata, aria murutithangia wira nao, Mithako, ona mathomo – umenye ni mariku ma bata muno.

Gayania karatathi tuchunji tuna, andika 1 nginya 4 tuchunji tuu tuna. Andika maundu maku maria ma bata tuchunji –ini tuu wambiriire na uria wa bata muno. Rii no uhotu kuona maundu maria ma bata muno muturireini waku na maria maria marumiriire.

### 2: Andika iroto ciaku na wambiriire kwirutaniria nigetha guchingia.

Wandike nginya iroto iria utari wa hingia. Andika maundu maria ungienda kugia muturireini. Okiambiriira kia mwaka no urorage iroto iria wandikire nigetha wone iria uhingitie na iria utigitie. Kuma hau wambiriire kwirutaniria hari kuhingia kimwe gija iroto ciaku.





### Tip 3: Be proactive / plan ahead.

Write down on a piece of a paper all of the things you must get done, and want to get done on a daily basis. Organize your day the night before. That way, you will not waste time organizing and planning for the day that already started. The To Do List will also give a chance to determine if you have enough time to do it all in one day or if you need to ask for help from others. It will also help you see how much time you need to accomplish every goal.

### Tip 4: Stay organized.

One of the key elements of managing your time is staying organized. If it took you a half a day to clean your room, it may very well be because that the area was messy and unorganized. Understand that spending a few extra minutes each day putting things where they should go will save you hours later on. There is no excuse for being disorganized. It takes hardly any time to keep everything in order, and it prevents the stress and anxiety associated with in a messy, cluttered area. Cleanliness also prevents the procrastination that comes from not wanting to deal with such a mess.

### Tip 5: Stay focused.

Keep in mind what you have already determined is important to you. Make your actions align with these thoughts, and continue to focus on the end goal.

### Tip 6: Be grateful.

Thank God every night before going to bed for all the big and small things you managed. If you didn't manage all the things you had planned, acknowledge it as a lesson learned and look at the new ahead as a new 24-hour-long opportunity to do more. You did a great job today, and tomorrow will be even better.

### 3: Ukorwo uri wa ciiko.

Andika karatathini maundu maria mothe urenda gwika, na maria ungienda gwika oro muthenya. Bangaga utuku uria ugeka ruciu. Weka uguo, ndugate mathaa maku ukibanga uria ugwika. Mutaratara ucio niugukohotithia kumenya kana wina mathaa maiganu ma kuruta wira waku uri wiki kana niukwenda andu angi maguteithiririe. No iguguteithiriria kumenya mathaa maria urabatara kurikia kana kuhingia matua maku.

### 4: Uikare wibangite.

Umwe wa maundu maria ma kinyi ma kubanga mathaa maku ni guikara wibangite. Ungihuthira nuthu muthenya gutheria nyumba taku nikwonia ati yuma na giko kiingi muno kana ndiuma mbinge. Menya ati kubanga kindu haria kiagiriire ni guteithagia kuhonokia uteangi wa mathaa. Hatiri na gitumi kia gukorwo utebangite. Uhuthagira ndagika nini muno kwibanga, na ukaehereria muthunguchanio wa mechiria uria urehagwo ni kwaga mibango na guikara kundu gutari na mibango. Utheru niweheragia uthayo uria umanaga na mundu kwaga kwenda guikara hadu hatari na mibango.

### 5: Ona 'Kabere.'

Umenye ati uria wendaga ni wa bata munene muno hari wee. Reke ciiko ciaku citwarane na mechiria maku na uikare wina mwihoko wa kuhingia whihoko waku.

### 6: Tuika wa guchokia ngatho.

Chokagiria Ngai ngatho hwaini mbere ya guthie gukoma niundo wa maundu manene na maria manini uhotite kuhingia. Angikotro ndunahota kuhingia maundu maria ukubangite, itikira na urore mbere hari mathaa maria matigarite ma gwika makiria. Wikira wira mwega muno umuthi, naruchiu ugeka makiria.

### Tip 7: Ask for help:

We cannot do everything alone. As a matter of fact, we never do because we are alone. Do not be afraid to ask for help for there are lessons to be learned from those who help us. When you create partnership, form small and constructive groups, you raise your capacity to achieve more. You learn from others and this helps you to improve on your weak areas.

Putting the above points into practice will make you easily achieve your ultimate goals in life. Commitment, dedication and persistence are also core requirements in order to realize your goals.

TIST will continue to offer you articles we hope will be a benefit for your daily life besides other helpful information obtained from other small groups that will make you and your small group prosper. All this is done so that, together, we can reach our full potential. We have unlimited power that lies within each one of us. Significantly, we must agree to learn by doing.

### 7: Etha Uteithio.

Tutingihota gwika maundumotho turiuthuiki. Tukiaria ma, tutiikaga undu tondu turi itwiki. Ndukanetigire kuhoya utethio ni tondu nigithomo kiega gia guthomwo ni aria maratuhe uteithio uchio. Riria wanyitanira na ikundi nini na cia waki, niuhotaga kuongerera hinya wa kugia na makiria. Niuthomaga kuma kuri angi na ukahota gwika wega makiria.

Ungihithira njira icio twona, no iguteithie gukinyira iroto ciaku muturireini waku. Kwihoka na kwirutira uri na wendi ni maundu mamwe maria wagiriire gwikirira hinya mun nigetha umenye matua (iroto) maku na kumahingia.

TIST niiguthie nambere kumurehera gatheti. Turehoka niigukorwo iri cia uteithio munene ohamwe na mohoro mangi maria moimite ikundi ingi nini njega iria igutuma inyui na ikindi nini cianyu inthii na mbere. Machio mothe marekwo namekagwo nigetha ithuothe tukinyie ngathi iti. Twina mahinya maingi maria mari ona mundu o mundu. Undu uria wa bata ni twirutire guthoma na njira ya gwika.