ENGLISH

At Glance

- Muguna Disabled, A TIST Best Small Groups Achieving much despite the odds.
- Lower Nkuriga Best Small Group Taking Lead in Developing other Small Groups in Achieving More.
- Bejollulafrigeo Best Small Group, Training others Small Groups on Best practices.
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- Umoja A Mworoga: The Usefulness of Trees.
- TIST: Building Leadership Capacity Through Rotational and Servant Leadership.

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KIKUYU

Maria mari gathiti-ini no

- Gikundi kiega kinini kia Muguna Disabled, A kugachiira ona mena mathina ngurani.
- Gikundi kinini kiega kia Lower Nkuriga gutongoria ikundi iria ingi nini hari ugachiru.
- Gikundi kinini gia Bejollulafrigeo guthomithia ikundi nini iria ingi maundu ma kugachira.
- Wabichi ya Chugu: Themina cia ichigo-ini kunyita thing’a matura-ini.
- Wabichi ya Lamuria: Kugachiria muangi hari uthii wa na mbere.
- Wabichi ya Kinyaritha: Gutheremia wira ichigo-ini njera.
- Umoja A Mworoga: Bata wa miti.
- TIST: Kugachiria utongoria hari utongoria wa muthiururukano na utungata.
**Muguna Disabled A, a Best Small Groups Achieving much despite the odds.**

Our group is comprised of physically challenged members. We are based in Naikia East Constituency in Laikipia District. We are under Lamuria Field Office.

As a Best Small Group, we have embraced the responsibility of educating other small groups and communities on the benefits of TIST program. So far, as a result of these efforts, we have recruited and registered 15 new groups into the program.

Besides recruiting and registering new groups, we do train them on conservation farming, nursery management and tree planting and TIST best practices.

In our group, all members have practiced conservation farming. The results of this newly introduced agriculture practice are amazing. The current crop is promising higher yields. Indeed, we have come from famine to surplus. We are encouraging others small groups to try this practice.

**Gikundi kiega kinini kia Muguna Disabled, A kugachira ona mena mathina mithemba.**

Gikundi giitu gikorago kiri kia andu aria makoragwo na mawathe. Tukoragwo mwen na Laikipia ya ithero. Tukoragwo turi rungu rwa wabichi ya Lamuria.

Turi gikundi kinini kiega, nitukoretwo tuye kamweke ga guthomithia ikundi iria ingi nini hamwe na muung wi ga bata wa mubango ya TIST. Nginyagia riu, nitwandikithitie ikundi 15 thiinii wa TIST.

Makiria ya kwandikithia ikundi ici, no tukoretwo tugichithomithia uhor wiggii urimi mwega, uhariria mwega wa nathari ya miti, uhendi mwega wa miti o hamwe na maundu ma bata ma mubango wa TIST.


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**ENGLISH**

A demonstration on Conservation Farming: Members of small groups being shown how conservation farming is done.

**KIKUYU**

Amemba a ikundi nini makionererio njira ya urimi mwega.
We have also continued to sensitize communities on peril of HIV/AIDS scourge. Importantly, we cater for children orphaned by HIV/AIDS and also provide helpful information on home based care to infected persons and affected families and especially to caregivers.

We have established income generating activities within our groups. We have embarked on intensive tree nurseries establishment, where we sell surplus seedlings (those remain after planting in our shambas) to communities and in the local markets. We also have a revolving merry go-round fund, where we support amongst ourselves financially.

We have welcomed this year with a resolve to continue working hard and recruiting more small groups. We are certain to achieve this objective.

Bejollulafrigeo Best Small Group, a Training others Small Groups on Best practices.

Currently, in our Ntugi office, we are among the four best groups. Others are, Umoja A, Lower Nkuriga and Wendo Nturiga

We joined the TIST program in year 2004, the same year the program was introduced in Kenya. We were recruited by Muchui Women Group, one of the small groups in our Ntugi office.

Initially, our group which we formed in year 2003, was dealing in microfinance activities. In addition, we were also engaged in nursery management and by the time we were registered, we had 6,000 seedlings in our nurseries.

Gikundi kininin gia Bejollulafrigeo guthomithia ikundi nini iria ingi maundu ma kugachira.

Gwa kahinda gaka, thi-inii wa wabichi ya Ntugi tukoragwo turi gikundi kinini kimwe kia iria njega inya. Ikundi icio ingi ni Umoja A, Lower Nkuriga na wendo nkuriga.


We have focused our activities towards recruiting and training new small groups. So far, we have registered 40 new small groups into the program. We have trained these groups on TIST values, which are core pillars of the program, the dangers of HIV/AIDS, tree planting and nursery management, conservation farming, fuel-efficient jikos/stoves, and tree grafting.

We lead by example. All our members have also practiced all practices highlighted above.

We have incorporated other activities in our group. We have a poultry keeping project. So far, though at initial stages, we have 28 chickens. We are committed to make this project a success. We also carry out merry-go-round activities as a means of financial support to our members.

Last year, we were privileged to host TIST US team led by Mr. and Mrs. Ben Henneke. The team visited our fields where they were impressed by conservation farming practices, and tree grooves which are doing very well.

We are keen on recruiting, registering and training more groups. As stated above, we are going to lead by example.

**Lower Nkuriga Best Small Group: Quantification exercise was successful.**

We are one among the four best small groups in Ntugi office.

In mid December 2006, we had a very successful quantification exercise in our areas. We helped the TIST Quantifiers in visiting small groups and also in identifying the grooves. The quantifiers were Naaman Karani and Emelda Kigetu. Mary Mathani and Stephen Mburung’a led the quantifiers to the small groups.

Nitukoretwo tukiandikithia ikundi hamwe na guchithomithia. Nginyagia riu, nitwandikithie ikundi nini 40. Nitukoragwo tugithomnia maundu ma bata maria gikundi kiagiriirwo ni kurumirira, uhandi wa miti na guciarithania, waki wa mariko mega, urimi mwega na uhoru wigie murimu wa mukingo.

Tutongoragia na ciiko. Amemba othe a gikundi gitu nimahingagia maundu ma urutani ucio mugwete hau iguru.


Mwaka muthiru, nitwari na ageni kuuma wabichi ya TIST America matongoreti ni Mr. and Mrs. Ben Henneke. Nimakenirio ni wira mwega turutite hari uhandi wa miti na urimi mwega.

Tuguthii na mbere na kwandikithia na guthomithia ikundi. Tugutongoria na ciiko.

**Lower Nkuriga Best Small Group: Utari wa miti wari na uhotani.**

Turi amwe a ikundi iria njega wabichi-ini ya Ntugi.

This Quantification exercise involved taking the baselines, counting seedlings in the nurseries, quantifying conservation farming and tree groves. The quantifiers also took tract acreage recording and global positioning. The later two fascinated small groups' members who were very impressed by the technology. Among the groups quantified include Kaithe Nkuriga and Mountain View small groups. The two groups have large tracts of land and it took the quantifiers a lot of time and effort.

Nkuriga area has registered a lot of interest in the program. We want to recruit more small groups. We have observed that this area has a lot of potential. People and communities in this region have large tracts of land. And they are ready to plant trees and make the area green. They acknowledge the importance of trees to the environment and ultimately to people’s lives.

KIKUYU: Mutari wa miti wa TIST agitara miti agitumira njira njera cia uthii wa na mbere.

ENGLISH: A TIST Quantifier doing quantification of trees using a modern technology.
Small groups have embraced conservation farming fully. And they have appreciated the good returns from the practice. Now farmers are assured of good crop harvest this year. Initially, farmers were skeptical of this farming practice, but today, they spread the ‘gospel’ to other people who have not practiced it.

We appreciate the local trainings being organized by field offices and the TIST administrative office. We are requesting the two offices to hold trainings in our areas in order to boost our training efforts. Our special focus is Kirua, Maitei and Muruguma sub-locations.

Umoja A Mworoga: The Usefulness of Trees.

1. Trees are very important, Without trees we cannot live well, Because God our heavenly Father, Decided that the earth should have trees, Of different species and types Read Genesis 1:11; Plant trees of different types and species.

2. When I sit back and ponder I see God Loves us And knows our desires, We cannot live without it, Fresh Air, That comes from the trees, Plant trees of different types & species.

3. We people, We lacked know-how, Cut down all the trees, That were of great help, Spoilt our environment, Brought our selves trouble; Lack of rain, fresh air, Food from trees, Human health, Plant trees of different types & species.
4. TIST groups are moving on, They are ahead with ideas, Having the know how that trees give oxygen. Form a group of 6 to 12 members, Register your group with CAAC, And join the Carbon business Plant trees of different types and species.

From Agnes Kathiiri Kithinji

Chugu Office: Local Trainings Making Impact at Grassroot level.

In December 2006, we, Chugu Office partnering with TIST Kenya office, conducted two successful in-house trainings. Both trainings were two- day events.

The impacts of the above trainings are huge. At Nyweri, one of the venues, participants learnt new best ideas from the program. They also shared their own best ideas.

We taught them TIST values and Best practices, carried out a demonstration on conservation farming, educated them on green house gas contract and business and informed them TIST benefits. In response, the participants acknowledged to have benefited from the program in the following ways;

From Agnes Kathiiri Kithinji

Wabichi ya Chugu: Themini cia ichigo-ini kunyita thing’a matura-ini.

Kuri mweri wa Dithemba mwaka muthiru, ithui, wabichi ya chugu nitwari na morutani meri ma matura-ini maria magachirire muno.

Kuria mwena wa Nyweri, andu aria mari kuo nimathomire mau ndu mageni na makihota onao gwithomithia maundu mageni.

Nitwamarutire mithingi mirumu ya TIST na utongoria mwega, tukimoneriria njira ya urimi mwega, tukimathomithia uhoru ukonii biashara ya riera na kandarathi yayo, na tukimathomithia mabata na uguni wa mubango wa TIST. Nimatwirire ati ni magunikite muno nagukorwo TIST na njira ici;
a) They have received cash incentives. They are encouraged and motivated to plant more trees. Though carbon business was alien to them initially, they have now embraced it fully and ready to participate.
b) A section of participants who have been taught conservation farming, reported to have experienced a significant increase in yields compared to traditional farming method.
c) They have learnt new ideas especially the rotational leadership.
d) They are impressed by TIST monthly newsletter which offers them a forum to learn more ideas.

In a heavily packed venue, participants shared their own best ideas. Specifically, members of PAA A best small group shared and taught on modern ways of getting flour from locally available crops such as cassava, banana, arrowroots, yams and sweet potatoes. They outlined the nutritional benefits of these foods saying that they help in making the body strong and guarding against diseases. The flour can be used to prepare chapatis or in making uji (porridge).

In additional, they also manufacture soaps, dyes and other detergents. They also decorate garments thought tie and dye techniques. All these activities have earn them good income. They say, they have become self-reliant out these ‘humble’ initiatives.

Participants requested more information on energy saving jikos. They said they are eager to learn and also develop them in their homes. They appreciated that these jikos will reduce the strain on wood fuel consumption thus, be in a position to raise more trees and earn more income from green house gas business.


Makiria ya uguo, nimathondekaga thabuni hamwe na kugemia njora. Mawira maya nimamarehagira mbeca.

Andu ni makenirio ni githomo kia mariko na makiuria mathomithio makiria njira ya gwaka nigetha mahotage gutumira ngu nini na makiria ya uguo matikanakinye handu mateme miti iria mahandite ya biashara ya riera.
They also acknowledge and thanked us for timely payments of tree incentives. Further, they requested for more such trainings.

**Lamuria office: Empowering Communities.**

Our offices is spreading its wings to the service of Laikipia District residents. We have joined hands with small groups in spreading the program in our expansive Laikipia district.

We have continued to teach our small groups on tree planting, tree groves management and conservation farming. Importantly, our area being semi–arid, we also teach on water harvesting techniques such as construction of dams and trenches. Water that is collected is later used during the dry seasons to irrigate trees and other crops in the fields.

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**ENGLISH**: In house training: Participants attending a local seminar at Matanya area during the month of January.

**KIKUYU**: Gitomo kia maturainin kiria kiari itura ria Matanya mweri muthiru.
In an effort to empower communities, groups in Miguna area have donated 1,000 trees seedlings to public institutions including schools and dispensaries during the last short rains season. Further, 2,000 were given to individual farmers. This gesture was warmly appreciated and the communities have come to realize the important role TIST is playing in nurturing our environment.

Further, we have trained small groups on conservation farming. Farmers who practiced this agricultural practice last season are ‘smiling all the way to granary.’ They are now harvesting higher yields.

We remain focused to recruit more small groups. We want to change Laikipia to become a district in the forest!

**Kinyarittha Office: On The Move To New Areas.**

We are on the move. We have captured new areas. Recently, we have spread the program to Ankamia and Ametho areas in Mkinduri, Kiandiu and Kitheo in Miathene, Mituntu in Nkomo area.

As a result of this effort, we have so far registered 515 small groups.

Besides, we have continued consolidating the already registered groups by empowering them through training and payment of incentives.

During the last quarter disbursement of payments to the small groups, a significant number of groups were paid. This has motivated such groups and many others have registered as a result.


Makiria ya uguo, ni tuthomithagia ikundi nini urimi mwega na ari makoretwo na urimi uyu mena gikeno ni magetha maria menamo.

Nitunguthii na mbere na kwandikithia ikundi. Laikipia no nginya icenjie na ituike bururi mururu.

**Wabichi ya Kinyarittha : Gutheremia wira ichigo-ini nj eru.**

Ithui wabichi ya Kinyarittha nituthiite na mbere na gutheremia TIST ichigo-ini nj eru. Riu tukinyite nginya matura ta Ankamia naAmetho kuria Mkinduri, Kiandiu na Kitheo kuria Miathene, Mituntu kuria Nkomo area.

Kumanagia na wira ucio, nitwandikithitie ikundi 515 nginyagia riu.

Makiria ya uguo ni turathii na mbere na guthomithia ikundi iria nyandikithie na guchihe hinya kwa njira ya marihi.

Hindi ya marihi maria meriga, ikundi nini nyingi niciamukiriire mbeca na njira ino ni imahete hinya na ingi nyingi ikenda kwiyandikithia.
Farmers especially from small groups have now adhered to our trainings against planting of eucalyptus trees. They have observed the environmental damage that is being caused by eucalyptus trees especially in drying up the streams and other catchments areas. Further, those who have planted them in their shambas have witnessed how they affect other crops. We are now encouraging them to plant indigenous trees.

A number of small groups have benefited from the in-house trainings. Many groups have been refreshed on TIST components. The trainings focused on both sustainable development and carbon credit business. The impact of these trainings has been enormous. Members of the small groups are now fully in-the – know about the greenhouse gas business and the requirements for this business. They have taken a keen interest in the greenhouse gas contract. On sustainable development, participants have been equipped with practical information especially on conservation farming. In every training, participants are taught on this farming method through demonstrations.

Other topics that have featured in all trainings include; tree planting and nursery management, TIST values and Best practices with emphasis in rotational and servant leadership and regular meetings. HIV/ Aids and energy saving jikos are also covered.

Members of small groups are particularly keen to learn about energy saving jikos. They have been impressed by the information provided on the benefits of this jiko especially in the side of wood fuel consumption and also in reducing smoke around the cooking place.

Mathomo maingi makoretwo makirutanwo thinii wa themina ici ni uhandi wa miti na kuhariria nathari, mithingi (values) ya TIST na utongoria mwega na utungata na uhoro wigie murimu wa mukingo na uthondeki wa mariko.

Amemba a iundi icio nimakenetio muno ni urutani wa mariko na muno mwenawigii uhuthiri wa ngu munini na kunyihia ndogo riko-ini.

No turathii na mbere. Kwa icha ikuhi ni tugukinya Igembe.

ENGLISH: Kinyarittha field office trainer inspecting a tree grove.
KIKUYU: Murutani wa wabichi ya Kinyarittha akiroka miti.
We are on the move. Very soon we are going to capture Igembe areas.

TIST: Building Leadership Capacity Through Rotational Leadership.

What is rotational leadership?

Rotational leadership is where each group member takes it in turn to lead and co-lead the group meeting. There is no one single leader. The responsibility is equally shared amongst all group members.

Why rotational leadership?

Each person has different ways of leading, and each person has different gifts. Rotating the leadership means group members can all learn from each other about leadership.

If everyone is supportive and encouraging, even shy group members will have the chance to grow in confidence and leadership abilities. We are able to learn something from everyone.

Rotating leadership also reduces the stress of one person being responsible all the time. Because the responsibility is equally shared, no one person should be overly burdened or tired by the job.

Rotating the leadership means there will be fewer problems if one person likes to dominate the conversations and be in charge all the time. Each person will have his / her own chance to lead the meeting.

What you should do when practicing rotational leadership?

➢ Begin rotating leadership as soon as possible.

Utongoria wa guthiururukana nikii?

Utongoria uyu ni riria o mumemba wa gukundi akorogwo na kamweke ga gutongoria gikundi kana gukorwo ariri munini wa mutongoria wa gikundi hindi ya gucamania. Utonoria ukorawo uri wa amemba a gikundi no ti mundu umwe.

Utongori uyu ni mwega nakii?

O mundu o mundu akorogwo ahetwo kiheo giake ni Ngai gia gutongoria. Riria uutoongoria ughitii ugechenjanagio, andu ni mathiaga makuihihaga kumanagia na utongoria wa mundu o mundu riria aratongoria.

Riria andu maguthii na mbere na kuheana hinya, nginya andu arii mangikorwo magitigira nimagiaga na umiriru wa gutongoria.

Utongoria uyu niuteithagia hari andu gukorwo makeniyanagia na murigo wa gutongoria hari mundu o umwe ugakorwo weheretio.

Utongoria uyu niuteithagia andu othe magakorwo na kamweke ga kuaria na kuhean meciria mao na mucamanio ndungikorwo uri wa mundu umwe. Rotating the leadership means there will be fewer problems if one person likes to dominate the conversations and be in charge all the time. Koguo o mumemba niagiriirwo ni kuheo kamweke ga gutongoria.

Niatia mwagiriirwo ni gwika riria uratongoria?

➢ Wagiriirwo ni kwambiria utongoria uyu ona ihenya uri a kungihoteka.
At the end of each meeting decide who will be a leader and co-leader next time.
Everyone should get a chance to lead and co-lead.
If a group member does not want to lead, or is shy, the group can let him or her watch others lead first. Then they can co-lead before leading next time.
Pass any teaching materials on to the next leader.
Remember to wait for people to speak after asking a question.

What makes a good servant leader?

The leader should be humble, patient, accepting and honest.
The leader should show the same acceptance and respect for every group member, regardless of what they do outside the group.
The leader should speak very little. He or she should encourage all members to share ideas and have the chance to speak.
Leaders should make sure they properly listen to the group members. Encourage people when they have made a contribution.
Don’t pretend you know all the answers!
Even if you do know the answer, it is better to let the group discuss the question themselves. If someone asks a question, offer it to the rest of the group to discuss.
Try to recognize the gifts that each person has, and to encourage them in the things they do well.
Accept people and statements without criticism or judgment.
Acknowledge and demonstrate respect for the person with whom you may not agree.

Mutongoria wa gutungata agiriirwo ni gukorwo ahana atia?

Agiriirwo ni gukorwo ariia mwinyihiia, mukiriria, wagwitikira maoni ma andu ariia anga na mwhokeku.
Agiriirwo ni gukorwo ariia akihe gitio andu ariia anga atakuroro maru maru ariia anga magika na kuo nga ya gikundi.
Agiriirwo ni kuhe andu ariia anga kamweke ga kuaria na kuheana meciria ma.
Agiriirwo ni Guthikiria wega andu ariia anga na akamahe hinya riria mekuaria.
Ndagiriirwo nikwiyonania ati nowe wiki wina umenyo wa maundu moothe.
Angikorwo niwui, he andu ariia anga kamweke ona mahene meciria ma.
Geria kuone kieo kia o mundu o mundu na ukamera mena kiheo kiu na ukamahe hinya hari maundu marua meka wega.
Itikiraga meciria ma andu ariia anga ota kumatuira cira kana kumamenereria.
Don’t debate! Acknowledge even the most unusual statement with: “That’s an interesting view. Does anyone else have any thoughts on that?” Throw it back to the group so others may contribute.

Remember to share your own stories, strength and weaknesses with the group. An honest leader makes others feel comfortable to share themselves.

Onania gitio hari o mundu o wothe onaangikorwo meciria manyu ti mamwe..

Itikira meciria ma mundu o wothe na guchokeria amemba otthe nigetha mariririe wega..

Henana karugano gaku ka maundu maria wanagacira kana wanaaremwo kwa njira ya ma nigetha andu aria angi ona makorwo na umiriru wa kuaria.

**ENGLISH:** The TIST Kenya director inspecting trees.

**KIKUYU:** director wa TIST Kenya akirora miti iria ihanditwo ni amemba.