ENGLISH

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WENDANI - A SMALL GROUP: ENERGY SAVING JIKO SAVING US A LOT OF FOOD FUEL.

We Wendani - A small group, under Narumoro office, are happy for having been trained on development of Energy saving Jiko.

Our field trainers from Narumoro offices carried out a practical demonstration on how to construct this jiko. The demonstration took place at one of our member kitchen, Mrs. Mary Wamuyu Mwai.

All our 12 members attended this demo. We all learnt and we are now preparing ourselves to make the second jiko on our own. Our group comprises of 11 women and only one man. We are confident and determined to ensure that all our members have this kind of a jiko each.

Gikundi kinini kia Wendani: Mariko ma kuhonokia ngu citu.

Ithui wendani – Gikundi kinini kiri rungu rwa Wabichi ya Narumoro, turi akenu niundu wa guthomithio iguru ria mariko ma kuhonokia ngu.

Atuthomithia kuma Narumoro nimatuonirie na ngerekano uria mariko maya mathondekagwo. Ngerekano ino yekiiro rikoini ria umwe witu niwe Mary Wamuyu Mwai.

Andu othe 12 a Gikundi gitu nimokite. Ithuotho nitwathomire na turehaririria gwithondekera mariko maitu. Gikundi gitu gikoragwo na atumia 11 na muthuri umwe. Tunamwioko ati o umwe witu ni ekugia na riko tariri.

English: TIST participants get an opportunities to learn on new technologies such as energy saving jiko when they come together. The picture show TIST members in a local seminar.
We have witnessed the enormous benefits of this jiko. Firstly, Mrs. Mwai now uses less wood fuel. This has enabled her to spend less money on wood fuel. Secondly, the jiko is smoke-free hence makes cooking even enjoyable! It also reduces the risks of our small kids from getting burnt, as they get closer to cooking place as it happens when using traditional jiko.

Besides the making energy saving jikos, we have also been taught on Conservation Farming. We have practiced it during this long rain season and the crops are doing well in the fields. We are optimistic of having better yields this year.

During a recent local seminar held at Muriru Catholic Church, we learnt so many new things. Most importantly, we were taught on servant leadership and rotational leadership. This has helped us in managing our small group better.

We were also taught on importance of planting trees in regard to cleaning the air by reducing pollution levels. Members now feel that they have a role to play in making our atmosphere clean.

We are thankful to field trainers and TIST trainer for facilitating the seminar.

**NARUMORO OFFICE: WHO’S A SERVANT LEADER?**

One hand cannot nurse a child,
Admit a mistake
Listen to others first.
Do not command
Rather give directions.
Do not curse
Rather Bless.

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Nitwioneire wega wa mariko maya. Wambere, mutimia ti Mwai riu ahuthagira ngu nini gukira mbere. Uu nigutumite ahuthagire mbecha nini kugura ngu. Wakeri, mariko maya mattlothagana nakogwo ugakenenerera urugi waku! No rinyihagia ugwatii wa ciana citu kuhia ni mwaki, rimia makuhiriri mariko maya makiruga ta uria kuhanikaga makhuthira mariko ma ngu.

Hamwe na mariko maya, notuthomithitio urimi mwega. Nituraugeri kimera giki na mimera itu niireka wega muno twina mwihoko wa kugia na magetha maingi mwaka uyu.


Niturachokia ngatho kuri arutani kuma TIST niundu wa themina iria matureheire.

**Wabichi ya Narumoro: Nu ngombo mutongoria?**

Guoko kumwe gutingirera mwana
Itikira ihitia riri.
Thikiriria angi mbere.
Ndugathane
no uheane njira.
Ndukarume.
No urathime.
Speak no ill about others
Note that you are sailing
Even though you are a captain
Always be humble
To neighbours be ordinary.

Withhold no respect for others
Hear more, see more, talk less
Remember, “listen and silent” contain same letters
When criticized, take it easy
Listen keenly, you will improve.

Do not do something you aren’t sure of
You won’t regret
Act after consulting others
Do not defer important issues
Strike when the iron is hot
Keep the fire burning.

By Patricia Wachuka.
KINYARITHA OFFICE: TIST SMALL GROUPS JOINING HANDS WITH COMMUNITIES IN WATER HARVESTING PROJECT.

TIST small groups in Limauru sub-location of the newly created Tigania district are teaming up with other community members in construction of water pans that harvest rainwater.

This initiative has received support from the area member of parliament, Hon. Kiremi Mwiria, who also doubles as an Assistant Minister for Education. Hon. Mwiria was impressed by this technology and has approached our Kinyaritha Office to extend our services to community to other areas. He's particularly appealing to our office to extend the program to Muriri area.

The communities and TIST small group are now able to nurture more seedlings in the nurseries as they get easier access of water from water pan points. This has resulted to a tremendous increase of new trees transplant in the farms.

We, Kinyaritha office are happy about this new best practice. We intend to replicate in other areas. As we focus on new areas of Kalithilia, Ndiriine, Laare, Karama, Buuri and Muriri, we will also incorporate this technology in our trainings.

In new areas that we have already covered, such as Karama and Buuri towards Isiolo district, we have trained TIST farmers on Conservation Farming, HIV/Aids, Energy saving jikos and Tree planting. The farmers have embraced TIST program fully and they were happy to learn new things that will ultimately improve their lives.

In Buuri area, which is an arid area, farmers were anxious to learn Conservation Farming. They were optimistic and hopeful that they will make harvest from Conservation Farming. Most of residents in this area are nomadic pasturists. They are now slowly adopting arable farming & conservation agriculture has impressed them.

WABICHI YA KINYARITHA: IKUNDI NINI CIA TIST KUNYITANIRA NA ANDU A MATURA GUTEGA MAI.

Ikundi nini cia TIST kuma Limauru thiini wa gicigo kirathondekirwo kia Tigania nimaranyitanira na andu angi itura hari gutega mai ma mbura.


Riu ikundi nini nicirahota kuhanda mimera miingi tondu nicirahota kuona mai maingi maria mategaga. Uu nigutumite miti miingi youngererkemuno migundaini.

Ithui ta Wabichi ya Kinyaritha nitukenete ni undu uyu. Twina wendi wa gutamba icigo ingi. Tugikirira muno icigo cia Kalithilia, Ndiriine, Laare, Karama, Buuri na Muriri, notu gwikirira undu uyu urutanini witu.

Icigo iria njeru tuthiite ta Karama na Buuri hakuhi na Isiolo, nituthomithitie Arimi iguru ria urimi mwega, Murimu wa mukindo, mariko ma kuhonokiangu na uhandi wa miti. Arimi nimakenete ni mitaratara ya TIST na nimirakena ni guthoma maundu maingi maria makwagiria miturire yao.

KAGUIRIA SMALL GROUP: IMMEASURABLE BENEFITS OF TREES.

You are final in my life
The role you play is immeasurable
From giving fresh air to sheltering me
That’s why my ancestors preserved you

Every creature on earth depends on you
They all require you for their survival
Where would birds make their nests?
Where would squirrels hide from predators?

Sometimes, we humans underestimate your value
We destroy you with impunity
Lest we know that we destroy ourselves too
Without you there is no life.

TIST has come
As a friend indeed
Calling upon all people
To make you live
So you may give life to all
Plant a tree make a life!

By Carol

WABICHI YA KAGUIRIA: MAWEGA MATANGITARIKA MA MITI.

Uri wa muthia mututireini wakwa.
Wega waku ndungithimika
Kuhe riera ithera na hakwigita
Nikioaciari aitu mamutungatire.

Indo ciothe thi ci-ihokaga wee.
Cikubataraga nigetha citure.
Nyon ingithondeka itara ciao ku?
Nduru ingitharga ku?

Rimwe, ithui andu nitunyihagia mawega maku.
Tukamuthukangia
Tutekumenya ni ithui rurethukia
Tutari nawe gutiri uturo

TIST niyukite
Ta murata
Ikiuria andu othe
Kumuhe uturo
Nigetha muhe uturo kuri othe
Handa muti uthondeke uturo

Kuhariririo ni Carol

Kikuyu:

English: A Local Administrator in a TIST farmer’s groves. The Government through local administration is working hand in hand with TIST program in promotion of Tree planting among the communities.

Kikuyu:
Human beings have a tendency to think that we can survive without the rest of creation. This may not be quite so explicit, but our actions suggest this kind of thinking. Looking at pollution in the world today; air, water and soil are mercilessly abused.

Forests are becoming desert and wild animals experience little mercy from humanity. Sometimes, it is as if there is no one who really cares. It's now well known that we cannot exist if the other parts or locations do not exist. The Bible and science agree that before humanity existed, the earth with all it's components existed; they existed before we did.

WABICHI YA CHUGU: TUNGATA MARI MATUTHIURURIKIIRIE NAMO MAGUTUNGATE.

Andu mechiragia ati no mature matari na umbi ungu. No ukorwo utarataukirwo uu, no ciiko citu niciratuonia. Ukithingata uria mai, riera na tiri irathukangio bururini.


**English:** TIST field trainers from a Best Small Group Training others small groups. TIST encourages small groups to share experiences and best practices themselves.

**Kikuyu:**
The way we relate to our God is confiscated by the way we react with this creation. A person who ruthlessly abuses nature is likely to be ruthless in dealing with himself and other people. This is because egotism is in play. But we need to remember that being part of creation, we suffer the consequences of the abuse inflicted on the earth and what it contains. One of the questions addressed day-by-day is “Famine disaster: what is the cause of this problem?”

The cause according to answers is poverty, and some may wonder what causes this poverty. My simple answer would be; nature has failed to provide because we have been merciless with it. One may have money, but if nature fails to provide, we all starve with money in our hands. Thus we cannot afford to underestimate the environment. Each bit of nature relies on the other to be. It is this mysterious symbiotic relationship that helps us appreciate the existence of God.

Christians should be in the lead in representing and preserving nature, something we fail to do. We leave it to a few personalities like professors. I wonder how many Christians use natural environmental during prayers and meditation, how many humble people that call for preservation of our environment or how often people engage in tree planting events. Do we as people utilize the rains by planting trees? Praying for flooded or dry areas while carelessly abusing nature is like choking someone to death while at the same time imploring God to help the victim. Let us be practical. Why ask others to do what we are not willing to do.

Let us learn how to preserve land and stop living as if those who shall live after us will be so extraordinary, they will not need water or oxygen. Whoever thinks he can own the earth is a fool; in fact, nature does not belong to us but we belong to it and it belongs to God and we can only be faithful and respectful stewards.

We all need a serious reconciliation with our environment; and the time is now.


Ithui ta andu nituhathagira mbura na kuhanda miti? Kuhoera kuria kwarahite mai kana kuria kumu muno oro tugithukagia maria matuthiururukiirie nita kumakia mundu undu angikua oroihinda riu ukihoyaga ahone. Reke tutwike andu a ci-iko. Nikii gitumi kia turie andu meke uria tutareka!

Reke twirute kumenyerera migunda na tutige gutura ta aria magatura thutha witu ta matagakorwo mari ama, ati matikabatara mai kana riera. Uria wothe urechiria ati thi no ikorwo iri yake, ni kirimu; Uma niati, thi ti itu no turi ayo , nayo thi ni ya Ngai. No tukorwo turi andu mari na gitio na ehokeku.

Twagiriire kugia na ngataniro na maria matuthiururukiirie, na ihinda niriu.
TREE PLANTING.

The Importance of Trees

Trees are very important for environmental and material reasons:

A. Environmental improvement:

1. Trees cover soil, which protects it from wind and water erosion.
2. Leaves and twigs fall to the ground and provide the soil with extra nutrients.
3. Trees increase soil moisture by covering the soil and hence reducing evaporation.
4. Tree roots help bind the soil and therefore reduce erosion.
5. Tree roots also help water to enter the soil and hence improve underground water circulation.
6. Trees improve local weather conditions by increasing the amount of water vapor in the air (increased humidity).
7. Trees improve air quality by absorbing carbon dioxide and releasing oxygen.
8. Trees provide shade and shelter.

B. Material and nutritional value:

1. Construction materials (furniture, posts, fences, rope etc.)
2. Fuel wood
3. Medicine
4. Food/fodder

PREPARING SEEDLINGS FOR TRANSPLANTING (HARDENING OFF)

Seedlings first need to be prepared for the harsher conditions of the field. If seedlings have been properly looked after in a nursery, they may have received more water and shade than they will have once they have been planted.

UHANDI WA MITI

Wega wa muti.

Miti ni ya bata muno hari maria matuthiurukiirie:

A. Kwagiria Maria matuthiurukiirie:

1. Miti ni ihumbagira tiri, na ikagiririria tiri gukuo ni mai na ruhuho.
2. Mathango maguaga tirini na makongerera unururu tirini.
3. Miti yongagiriria mai tirini riria yahumbira nakogwo ikagiririria mai kunyuo ni riu.
4. Miti ya miti inyitithanagia tiri hamwe na ikagiririria tiri gukururio.
5. Miti ya miti niiteiithagia mai kuingira tirini na kogwo igatuma mai machere wega rungu wa tiri
6. Miti noyangagiriria riera hindi iria yongerera uguyu rieraini.
7. Miti niyangagiriria riera nanjira ya kunina riera ithuku na kuongerera riera riria tuhuhagia.
8. Miti niituheaga kiruru na hakwigita.

B. Mabataro mangi na irio:

1. Indo cia guaka (indo ta metha, ikingi, rugiri, mikanda, etc.)
2. Ngu.
3. Ndawa
4. Irio ciandu na cia mahiu.

Uhandi miti na hinya niwa bata munene muno hari ithui.

KUHARIRIA MITI NIUNDU WA GUTHAMIA.(KUNIARITHIA)

Miti yagiririre kuhandwo riria kuri na mbura. Ni wega kumenya ati mimera yapiri gukorwo iri mikinyu ya guthamio na gutwarwo mugunda.
Gradually reduce the watering and expose the seedlings to full sunlight during this month.

As a general guide (remembering different species have different characteristics) good seedlings for planting out have the following characteristics:

1. The shoot should be twice the length of the roots or the pot.
2. The stem should be strong and woody.
3. The seedlings should have many thin roots in addition to the main roots.
4. Many seedlings will achieve these characteristics two months after germinating.

**TRANSPLANTING**

1. Transport the seedlings in an upright position
2. Mark out a circle with a diameter of 30 cm in the field
3. Remove the topsoil and place in a pile
4. Remove the next soil layer to a depth of 30 cm and place in a separate pile
5. Put in a 5 cm layer of grass (dry grass in rainy season, fresh grass in dry season), (called mulching). Some groups add manure as well.
6. Remove the seedling from the polythene bag. Do not break the earth-balls around the roots.
7. Place the seedling in the hole
8. Replace the topsoil first, then the second soil layer.
9. Some groups do not fill the hole completely, but leave a gap of a few cm. This helps the rainwater enter the hole and infiltrate the soil.
10. Any remaining soil can be placed in a mound on the downhill side of the seedling. This will help trap any rainwater and divert it into the hole.
11. Water the seedlings.

Yagiririre kuharirio niundu wa mahinda maria mariua inene. Angikorwo miti irari mihariririe wega riria irari tutaini, nogukorwo yathie mugunda ndikonaga mai na ugunyu muangi ta mbere. Thi ukinyihagia mai maria uraitiriri akahora na ukareka muti wonane na riu mwerini ucio.

Guguteithiriria hanini (ukiririkananaga miti ni ya mithemba miingi) reke twone miti imwe uria yagirire:

1. Uraiho wa mumera ukorwo uri maita meri ma muri waguo.
2. Kamumera gakorwo kari kanyitu na kena hinya.
3. Gakorwo na tumiri tuungi twinyitiriire murini wa itimu.
4. Mimera miingi igiaga na maundu maya twagweta haha iguru, mieri iri thuthat wa kumera.

Ikundi ciagiriire kwanjia kwenya marima ma warie na uri kwa 30 cm angikorwo marina mimera miingi ya kuhanda. Ikundi tinjerere muno guthondeka tuta cingiajia riu. Ririkania arimi githome kiria giathomirwo mweri muthiru iguru ria guthondeka tuta.

**GUTHAMIA MIMERA YAKU.**

1. Thamia mimera yaku irungii.
2. Thima irima ria warii wa 30 cm
3. Egutia tiri wa iguru na uwige gatutu kando.
4. Egutia tiri uci ungi wa uriku wa 30 cm na uwige gitutu mwanya.
5. Ikira nyeki 5 cm (nyeki nyumu hingo ya mbura na nyeki njigu hingo ya riu) (mulching). Ikundi imwe cikagira thumu, na nowega.
6. Ruta mumera waku kuma karatathini na umenyerere ndugaite tiriuria winyitiriire mumeraini.
7. Harukia mumera waku irimaini.
8. Ikira tiri wa iguru urumiririwo ni ucio ungi.
9. Ikundi imwe itithikaga irima riothe no niritigagia handu hanini hatari tiri nigetha mai ma mbura mone ha kuwingirira.
10. Hangitigara tiri, wige mwenwa kianda wa mumera nigetha werekagirie mai ma mbura irimaini.
11. Itiriria mumera waku mai.
Also remember that to give your seedling the best chance of survival you should plant the 2.5 - 3m apart. If you plant them closer together then the seedlings will not get all the water and soil nutrients they need because there is much competition. They will become weak and may die, so follow the best practice of a spacing of 2.5 - 3m.

WEEDING.

Now that the rains have started you should already have transplanted your seedlings into your groves. If you have not yet transplanted your seedlings you need to do so as quickly as possible. Your seedlings need to be transplanted now so that they can grow strong in the rainy season and survive the drier months.

You have seen in the section above how important trees are. We need to make sure we look after our seedlings so that they survive to become strong trees. The most important activity this month is to weed your seedlings. Keep the area where your seedlings are as clean as possible. Pull up any weeds that are growing near your seedlings.

Weeding is important for these reasons:

- To keep the area clean and free from weeds.
- To prevent competition for water and nutrients.
- To help the seedlings grow stronger.

KURIMIRA.

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- To prevent competition for water and nutrients.
- To help the seedlings grow stronger.

Ta uria twonire mweri muthiru, miti niya bata muno niundu wa itumi ici:

English: TIST participants in a local seminar. Such seminars offers farmers a good chance to share best practices in planting trees.

Kikuyu:
1. Your seedlings need water, soil nutrients and light to grow strong. If there are weeds they will compete with your seedling for these things. The weeds will use the soil nutrients and water that your seedlings need. The result is that your seedlings will be weaker and may not survive.

2. If your area is not weeded there will be more pests attracted to the area. Pests can damage and kill your seedlings. The fewer weeds there are, the less chance there will be of snakes and insects.

Here are some of the advantages of weeding your groves:

1. Trees grow faster because weeds don’t take the nutrients and water from the soil
2. Trees will become stronger and grow taller in a shorter period of time
3. Trees can get the sunlight they need unhindered
4. Trees are not exposed to as many diseases
5. Trees are more protected from a fire spreading
6. Clean groves indicate that small groups are maintaining them and are good examples of the TIST program. This will attract many people to come and see your work.
7. Clean groves enable the quantifiers to count the trees quickly and accurately

It is important to protect the seedlings so that animals (e.g. goats) do not eat them or trample on them. Consider fencing the grove or surrounding seedlings with some thorn bushes.

1. Miti yaku niyendaga mai, unuru wa tiri, na utheri nigetha ikure wega. Ria rigayanaga maundu macio na mumera waku. Ria rihuthagiira mai na unuru wa mumera. Maumirira ni ati mumera waku ugukorwo utari na hinya na nowage kuhonoka.


Moya nimo mawe mu phiikiria mu miteru yaku:

1. Miti ikuraga wega tondu ria rithuthagira mai na unuru.
2. Miti igukura ina hinya na iraihe na ihenya.
3. Miti ni ikuonana na riu itaguthikwo.
4. Miti ikehererio mirimu miingi.
5. Miti igagitwo kuma kuri miaki.
6. Tuchigo tuthere nituronania ati ikundi nini ni irahota guciiga na njira njega na ni kionereria kiega. Uguo nigugutuma andu angi moke kwionira.
7. Miteru mithere niiteithagia Atari a miti matare miti na ihenya na matehuhitia.

Kuringiriria arimi kurima icigo ciao. Kwirutira nigugutuma miti yao ikorwo na hinya.

Ririkana kugitira miteru yaku nigetha nyamu ta mburi itikamirie. Kana kumithukia. Irigira miti yaku na rugiri ruri na miigua..

Mithenya miingi ingihituka gutari na mbura, ririkana guitriria miti yaku mai.
WHY KUJENGANA IS A VERY IMPORTANT PART OF YOUR SMALL GROUP WEEKLY MEETING.

Kujengana is a very important part of your Small Group weekly meeting. It says in Ephesians 4:15,16 that we are to build each other up into the fullness of Christ. Each person in your TIST Small Group brings his or her own special talents and gifts to the entire group. One of the wonderful things that happen in the Small Group is recognizing, sharing and using those God-given talents.

Kujengana is a way to let those talents be seen and be used. There are two parts to Kujengana:

1. Before the closing prayer, every person in the group says one specific, positive thing that the leader did at that meeting. For example, smiled, kept to time, made good plans, encouraged all group members to speak, greeted me and made me feel welcome, pointed out something that was going very well in the meeting or in the work the group was doing, etc. Each member needs to say something different. This is not optional. Everyone gives Kujengana to the servant leader. Some groups also give Kujengana to the co-leader.

2. In addition, if someone sees a gift shown by the leader, a group member can also say that. This is optional.

GITUMI GIA KUJENGANA GUKORWOKURI KWA BATA MICHEMANIO-INI ITU

Kujengana nikwa bata Munene muno hari michemanio ya o wiki ya ikundi nini. Ephesians 4:15,16 irauga ati twagiriire gwakana ta uria Kristu Endaga.

Oro mundu kuma ikundi nini cia TIST arehaga ugi wake na iheo ciake kuri andu acio angi a gikundi. Umwe wa maundu maria mahani kagara ikundi ici nini ni kumenya, kugayana na kuhuthira iheo iria Ngai aheante. Kujengana ni njira ya gutuma iheo icio cieneke na cihuthirwo. Kuri mienia iri ya Kunjengana:


2. Ngiongerera, mundu angiona mutongoria ena kiheo mwanya, mundu no akiuge.
With Rotating Leadership, each week a new leader will receive Kujengana. Through Kujengana we encourage each other on the good things that week’s leader did in the meeting and the talents the person showed.

Kujengana is also the way we learn to look for positive things about people and then say them. We all need to train our tongues to say the positive. In addition, the whole group learns what that group thinks is important in a servant leader. The next leaders will benefit from what they have heard in Kujengana about previous leaders and know what the groups think is important in being a servant leader.

In response to Kujengana, that week’s servant leader just says, “Thank you.” after each group member’s specific, positive statement. There is no discussion about how it could have been done better, or differently. It is common for the person to be happy when he or she is told the good things he or she did during the meeting. Sometimes we learn things about ourselves we didn’t know!

Kujengana helps the leader on that day recognize his or her talents and keep on using them. Kujengana also is a help to the Small Group because all the members improve their servant leadership as they learn. Kujengana is a double blessing!

Tukihuthira utongoria wa guthiururukana, oro wiki mutongoria mweru ni arigiaga na Kujengana. Kuhitikira kunjengana ni twonagia aria angi maundu mega maria atongoria a wiki mekire mucemanio-ini naiheo iria mundo ucio unanirie.

Kujengana ni njira iria tuhuthagira guthoma na kuona mwihoko uria uri anduini na kuuga. Ithuothe twagiriire kwiruta kugaga maundu mari na mwihoko. Gikundi giothe nikihotaga guthoma uria kirechira ati ni wa bata hari atongoria.mutongoria ucio ungi ni aguteithika na uria aigua Kujengana iguri ria atongoria acio angi a haukabere na mamanye ati undu uria wa bata riria uri mutongoria ngombo.


Kujengana guteithaga mutongoria amenye iheo ciake na aikarage agicihuthagira. Kujengana nijjega hari ikundi nini niundu amemba othe nimagiaga na ugi iguru ria atongoria ngombo. Kujengana ni kirathimo!