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Muguna Disabled A, a Best Small Groups Achieving much despite the odds.

Our group is comprised of physically challenged members. We are based in Laikipia 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.

Gukindi kia Muguna A Disabled:Gikundi kiri na umithio amwe na bubu.

Gikundi gietu kithagirwa kiri kia amemba baria barithina cia marungo ja mwiri na tuthagirwa turi Constituency ya Laikipia East ndene ya Laikipia District na twithagirwa tutti amemba ba Ofisi ya Lamuria.

Tuuri amemba ba Gikundi kiria kiego gia TIST kuuma Ofisi ya Lamuria ni tuumbite kuritana amemba ba Ntuura cietu mantu jameega ya TIST na mwanka nandi nituandikithitie ikundi 15 kiri murandi jwetu.

Kuuma riria twandikithirie aikundi bibli nituritene mantu ja Urimi bubwega,Kumennyereera kamuunda gakumithia miti,Uandi bwa miti na Mantu jaria TIST ikagira.

Ndeene ya gikundi gietu nituthithagia urimi bubwega na nitwonete umithio bunene mono kuumania na urimi bubu na iriro biria bimiuendene yetu nibikwanania tukethirwaturi na maketha jamanene mono na nituumbite kwona urimi bubu bukiinga mpara.Kumania na njiira iji ya urimi nitukiriana atuuri beetu wega bwa urimi bubu.
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.

**Bejollulafrigieo 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.

Kinya nandi nitwititwe na mbere kuritana antu beetu mantu ja murimo jwa mukingo na nitukumenyeera twana tuuria tutugi ni aciari bao na tukabamenyithia mantu ja kumeenya aana njaa ciao na kiinya baria bakumenyeera ajie.

Gikundi gietu nikiambiririe mirandi ingi iria ikoomomba guturetera mbeca na kinya nitukuandi miti kwa wingi na iria igutigaara tukendia kiri atuuri beetu na inigi thokne cietu.Kinya nitukurita mbeca na njira ya muthiruko ndene tya gilundo keenda tuumba gutethaniria amwe twinthwe.

Ndene hya mwaka juju turina wiuru bwa kurutana bingi bibingi nkuruki na turina ma tukooomba kuandikithia ikundi bibingi nkuruki.

**Gikundi kia Benjolulaafregio:Kurii tanaka ikundi bingi mantu jaria mega ja TIST.**


Gikundi giretu giacian ndene ya mwaka jwa 2004 riria TIST yambiririe Kenya turitani ni gikundi kia ekuru kia Muchui kimwe kia ikundi bia Ofisi ya Ntugi.

Mbere buuru gikundi gietu kiaritaga ngugi na ikundi bia biwejanaga mikoobo na kinya nitwaritaga ngugi cia waandi bwa miti na iria twaiandikithirie na TIST nitwaumithitie miti 6,000 ndene ya kamuunda geetu.
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 Nkurigá 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 Kitetu. Mary Mathani and Stephen Mburung’a led the quantifiers to the small groups.


**Gikundi Kia Lower Nkurigá: Utari bwa miti ni bwabuire.**

Turi kiri imwe kia ikundi binna biria biega ndene ya ofisi 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.

ENGLISH: A TIST Quantifier doing quantification of trees using a modern technology.

KIMERU: Mutari o miti wa TIST aqitara miti aqitumaira kithomo qikieru.
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.

Turina kugwirua gukwingi niuntu bwa moritani ku uma kiri mofisi ja ome ja TIST na kinya ofisine ya TIST ya Kenya. Nitukuromba ofisi cioijiri iritane antu naaja gwetu kenda twongera umenyo bwetu bwa mantu j a TIST. Naria tukwenda mono ni Kiirua, Maitei na Muruguma.

**Umoja A Mworoga: Wega bwa miti.**

1. Miti ni ya maana mono,
   - Tukethirwa tuti na miti tutiumba gutuura bwega,
   - Niuntu Murungu baaba wetu,
   - Noonere ati nthiguru ithirwe iri na miti,
   - Ya mithemb a miiingi
   - Thoma Kiambiriria 1:11;
   - Aandeni miti ya mithemb a miiingi.

2. Nthuganagia mono nkamenya
   - Murungu atwendete mono
   - Na aijii uria twendaga,
   - Tutikara tutina
   - Ruuo ruruthongi,
   - Ruria ruumaga mitine ya mithemb a miiinge

3. Twii antu,
   - Twaaite umenyo,
   - Twatemwa miti yonthe iria yari na gitumi,
   - Kuthukia maciirigiria,
   - Twairetera thina,
   - Kwaga mbura na ruuo ruruthongi,
   - Biakuria kuuma kiri miti,
   - Afia ya antu,
   - Aandeni miti ya mithemb a miiingi.
4. Ikundi bia TIST no biitite na mbere,
Bii mbere na mathuganio,
Bikimenyaga ati niti niejanaga ruuo
rurwega.
Thithia gikundi kia antu 6 mwanka
12,
Andikithieni gikundi na CAAC,
Na utonye biasharene ya ruuo
Aandeni miti imingi ya mithemba.

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;

4. Ikundi bia TIST no biitite na mbere,
Bii mbere na mathuganio,
Bikimenyaga ati niti niejanaga ruuo
rurwega.
Thithia gikundi kia antu 6 mwanka
12,
Andikithieni gikundi na CAAC,
Na utonye biasharene ya ruuo
Aandeni miti imingi ya mithemba.

Kuuma kiri; Agnes Kathiiri Kithinji

Ofisi ya Chugu: Ithomo bia Ofisi

Mweri jwa disemba 2006 twi ba ofisi ya
chugu itwari na moritani tugwatanirite na
antu ba ofisi ya TIST. Moritani jau jari ja
ntuku ijiri.

Maumanio ja moritani jau ni jamanene
na jamega. Naria Nyweri uritani bumwe
bwathithagirua baria bari ku
nibathomere mantu ja
meru na b
auga
inya jao jaria boonaga ni jamega.

Twabaritanire mantu ja TIST (Values),
mantu jamega ja TIST na twabonia
kuthitha urimi bubwega , twabaritana
uria kandarasi ya biashara ya ruuo
ithagirwa ikari na twabera bita iria
ciumanagia na murandi jwa TIST. Baria
baari moritanine jau boonete mawega
na njira ta iji;
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 addition, 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.

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TIST Kenya : Joshua Irungu, Director of Administration
P.O. Box 1508,Nanyuki, KENYA
Phone: +254-724-255-369 / Email : joshuah@tist.org
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.

**Ofisi ya Lamuria:Gwikira Antu Inya.**

Ofisi yetu ni gutamba kiri biangi’i bia District ya Laikipia.Nitigwetene na ikundi binini na twomba gutambia murandi juju ndene ya Laikipia.

Nitwithe na mbere kuritana ikundi binini mantu ja uandi bwa miti,kumenyera miti na urimi bubwega.Amwe na mantu jaja tontu bwa uria naja gwetu nikwithagirwa kuri na thina uuju nai turitananga ikundi bietu mantu ja gwika riuju na na njiira ya gwaka matangi na migure ya gwika ruu. Ruuji ruria rwikagirwa matangine jaja na na miguurse uria innji nirutimagirwa kagita karia kuri an thina ya ruji ni tutumagira gwikira miti na irio biria biandi.

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

**KIMERU:**
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!

**Kinyaritha 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 Mikinduri, Kianjuri 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.


Kinya nituumbite kuritana ikundi mantu ja urimi bubwega.Arimi baria bagerie urimi bubu mbura nthiiru niboo nkaruki ya mbura irtia ikurukite.

Ofisi yetu iri na mworoto jwa kuritana na kuandikithia ikundi bibingi nkuruki.Turienda kugarurai Laikipia ituoke District iria iri ndene ya mwitu.

**Ofisi ya Kinyaritha: Gwita na Mbere ndene ya guuntu Gukweru.**

Nitwitite na mbere na kuambiria ikundi ndene ya guuntu gukweru.Rua nitwitithie murandi ndene ya Ankamia, Ametho ndene ya Mikinduri, Kianjuri na Kitheo ndene ya Miathene ,Mituntu na Nkomo.

Mwanka nandi, nituandikithitie ikundi 515 ndene ya ofisi yetu.Amwe na kuandikithia ikundi keenda biumba kugwatana na njira ya kubaritana na kubaria mbeca.

Kiri irii ria mbeca riria ringi ikundi bibiingi ibiarii. Untu buu ibwikirite ikundi bii inya na boomba kwandikithia ikundi bingi.

Arimi babaingi ba kuuma ikundine bia TIST binini ibetiikirite moritani jetu ja kurega kwanda miti ya mibau. Ibamenyete ni mma itibui kiri maciriigiri jetu ta kuumagaria nduuijia na guntu ta kuu. Nkuruki baria bamiandite miundene yao ibamenyete uria ithukagia biakuria. Ituubera baande miti ya kimeru.

**TIST Kenya :** Joshua Irungu, Director of Administration  
P.O. Box 1508,Nanyuki, KENYA  
Phone: +254-724-255-369 / Email : joshuah@tist.org
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.


Mantu jangi jeethagirwa jakiritanwa ni; uandi bwa miti na umenyeri bwa nasari, mantu ja TIST na mathithio jamega ja TIST ta uria utongeeria bwa muthiuruko na micemanio ya magita jonthe. Mantu ja mukingo na mariko ja gutumira mwanki jumukai ijaaragiirua.

Amemba ba ikundi bia TIST barina bata mono ya kumenya mantu ja mariko ja gutumira mwanki jumukai. Ibagwiritije mono ni kumenya mawega ja mariko jaa mono ruteere rwa gutumira nkukini nyogu ya kurugira.

No twitite na mbere na aju akui tugakinya Igembe.

ENGLISH: Kinyaritha field office trainer inspecting a tree grove.
KIMERU: Muritani wa ofisi ya Kinyaritha akirathaga 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.

TIST: Kuritana Njira iria Njega cia utongeria.

Utongeria bwa muthiuruko ni mbi?

Iji ni njira iria amemba boonthe ba gikundi baajiyaha yaanya batongeria bangi kagita ka mucemanio jwa jwab baajiyaha kiri gikundi jethagirwa jari ja amemba boonthe.

Niki tutumagira njira iji ya utongeria?


Njira iji ya kugarura atongeria nilitethagiria kumuntu umwe aatiituwe wa kuthagirwa amenyere wamuntu joothe kumenyeera mantu kubaterie kwithirwa buri bwa antu boonthe na mantu umwe atibaterie kwithirwa akinogoua ni mantu jaya ngugi kinya iriku. Njira iji ya utongeria ni itethagia kinya kaagita karia mantu umwe akwenda gutwika niwe ukathititha mantu joothe amenywa kinya antu bariar bangi ni baiji gutongeria. O muntu wonthe akethirwa ari na kaanya ka gutongeria bangi.

Imbi tubaaterie kuthithia riria tugutumira utongeria bwa muthiuruko?

➢ Twambiririe gutumira utongeria bwa muthiuruko twagwatana turi gikundi.
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.

Kagita karia turi na mucemanio, tukathura uria ukethirwa ari mutongeria na munini wawe.
Kethira mumemba umwe wa gikundi atikwenda gutongeria, kana niakugwana ntoni, amemba bangi nibabaterie kumwaa kanya oone bangi bakitongeria.
Kethira mumemba niakugwina nthoni kana atikwenda gutongerua amemba bangi bomba kumwitikiria agatega bangi bagitongeria mbere. Riu akaa munini wa mutongeria.
Nenkera mutongeria into bia kuritana.
Riikana gwetera antu ba kuuria biuria nyuma ya mucemanio.

Mutongeria umwega athithagua nimbi?

Abwirite kwinyiia, akiriritie, eetikiritie na mwaria mma.
Mutongeria abwirite gwikiriia amemba bonthe na kubonia heshima atigukara kwenda kumenya ngugi iria bataaga.
Abwirite kwithira atikwaria mono na akaa antu bonthe kaanya ga kuuga uria bakwenda na bakuthugania.
Atongeria babwirite kuthikiira uria amemba bakuuga na baabekira inyaa bagona mathugania jau.
Ugaciethia nujie mantu jonthe.
Kinya wethirwa nujie macokio nibwega gutiga amemba bakaariria bongwa. Muntu ooria kiuria tigira amaemba bangi baaririe.
Geria kumenya biewa bia antu o mwanya na kubekira inya kiri mantu jaria bathithagia.
Itikiria antu na maugo jao utiubacambia.
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 heshima kiri muntu uria butireetikaniria nawe.

Tiga nkarari. Itikiri inya biugo bitibui na kuuga “Buu ni bubwega kuri na muntu ungi akuthugania ungi tiga uu?” Cookeria amemba bangi kenda inya bo batetheria.

Riikana kuuga mantu jaku wengwa, jamega na jatijamega kiri gikundi. Mutongeria akvaria mma atumaga bangi baigue bang’aniri kuuga mathuganio jao.

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

**KIMERU:** Director wa TIST Kenya agitega miti iria yaandi ni amemba