

A COLLECTION OF 100 TUGEN PROVERBS AND WISE SAYINGS



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INTRODUCTION

Location

The Tugen are a sub group of the Kalenjin people alongside the Nandi, Kipsigis, Keiyo, Pokot, Marakwet, Sabaot, Ogiek, Lembus and Sengwer sub-groups in Kenya. Daniel arap Moi, the second president of Kenya (1978–2002), was from the Tugen sub-tribe. The Tugen people speak the Tugen language. The Lembus people are confused as being either Nandi or a sub group of Kalenjin; but has been dismissed with history discovered of the lembus people. They are predominantly a group of People who originally lived in the forest called Somek, Murkaptuk, Kamaruso and Partially assimilated Ogiek.

The Ethnographical Location of The Tugen Ethnic Group In Kenya



Myth of Origin

Linguistic evidence points to the eastern Middle Nile Basin south of the Abbai River, as the ancient homelands of the Kalenjin. That is to say south-east of present day Khartoum. They were

not a distinct group of people at this time but part of a wider society today referred to as Nilotic peoples.

The Nilotic point of unity is thought to have occurred sometime between 3000 and 2000 B.C. though the form that this unity took and much of their way of life at this time still remains unclear.

Beginning in the 500 B.C., particular Nilotic communities began to move southward into present day South Sudan where most settled. However the societies today referred to as the Southern Nilotes pushed further on, reaching what is present day north-eastern Uganda by 1000 B.C.

The Southern Nilotic societies later moved into Western Kenya by 700 B.C., where they settled next to and were deeply influenced by particular Cushitic societies that had preceded them in Kenya. This impact was most notable in borrowed loan words, adoption of the practice of circumcision and the cyclical system of age-set organisation.

The Tugen are further subdivided into four subgroups or sections:

- i. **Arror group**-They live in the Highlands of Kabartonjo and the lowlands of Kerio Valley (Barwessa) and Lake Baringo of North Baringo District. They are perceived as the most advanced group in terms of education and wealth accumulation.
- ii. **Samors group**- They live in the wider Kabarnet in Central Baringo district. This is the group from which the second president of Kenya, Daniel Toroitich arap Moi comes.
- iii. **Lembus group**- who occupy the fertile and well drained farmlands of Koibatek District.
- iv. **Endorois group**- They who come from the Marigat and Mogotio Districts. They are a marginalized community and are known to take great pride in their culture.

Culture

As with some Bantu groups, the Kalenjin and other Nilotes in the Great Lakes region have through interaction adopted many customs and practices from neighbouring Southern Cushitic groups. The latter include the age set system of social organisation, circumcision, and vocabulary.

The Tugen social organisation centers on the age-set, or ibindo. There are seven age-sets (ibinwek) which are rotational, meaning at the end of one age-set new members of that generation are born. The order is roughly as given below. Among the some Kalenjin peoples, an age-set called Maina exists. However, among the Tugen, this age-set is extinct. Legend has it that the members of this ibindo were wiped out by the Keiyo, their cousins in war. For fear of a recurrence, the community decided to retire the age-set. Ibindo was given out at initiation and by simple arrangements, there ought to be one ibindo between a father and a son. For example, a korongoro cannot beget a kipkoimet. The Tugen don't consider a woman to have an ageset, hence she can marry any ageset except that in which her father belongs. The Tugen say "ma tinyei ibin korko" which means a woman has no age-set.

Tugen use proverbs and wise sayings in most of their daily life. Mostly proverbs are used during ceremonies like Birth, Circumcision, Marriage and death. They were used to give inspiration, for learning purpose, for warning those who are deviant in the community among others.

Examples of such proverbs used by Tugen community are:-

1. Mapatien tisian tany

Kiswahili: N'gombe haikosi madowadowa.

French: Une vache ne manque pas une tache.

English: A cow does not lack a spot.

Meaning: In every community there are bad and good people. People will differ in their character even if they are twins.

2. Yemetukon lakwa kuyeitu

Kiswahili: Weka kiboko aribu mto.

French: Spare' la tige butin l'enfant.

English: Spare the rod spoil the child.

Meaning: It's a responsibility of the whole community to work together and ensure that the children who are the next generation are thought well.

Tradition

Traditional Tugen society is the way of life that existed among the Kalenjin people prior to the advent of the colonial period in Kenya. By this time, the Tugen had been semi-nomadic pastoralists of long standing. They had been raising cattle, sheep and goats and cultivating sorghum and pearl millet before even they arrived in Kenya.

The Rift Valley territory as a whole was recognised as a geographic locality of Kalenjin and various Kalenjin sub-group had a similar set of classifications of geographic localities within their respective ethnic lands.

The *Kokwet* was the most significant political and judicial unit among the Tugen. The governing body of each kokwet was its *kokwet* council; the word *kokwet* was in fact variously used to mean the whole neighborhood, its council and the place where the council met.

Religion

Traditionally, like other Kalenjin people, the Tugen prayed to a God called *Asis* (which means 'sun'.) Most have converted to Christianity. Islam has flourished in the major towns and it was these towns that some Tugens convert into Islam and adopted Islamic names.

Kalenjin natural philosophy describes two principal deities, *Asis* and *Ilat*. Among the southern sections of the Kalenjin however there are three principal super-natural beings since *Ilat*'s dual nature is identified as two separate deities, *Ilet ne-mie* and *Ilet ne-ya*. The Tugen three gods were:-

i) Asis

Also commonly referred to as Chebet chebo Chemataw (Daughter of the Day) shortened as Chebet, and as Cheptalel (The one who shines). He lives in the sky and is supreme, omnipotent and the guarantor of right. Among the Northern sections of the Tugen he is also commonly referred to as Tororut.

ii) Ilat/Ilet

Ilat/Ilet is associated with thunder and rain. He is said to inhabit deep pools and waterfalls and that the rainbow are his discarded garments.

iii) Ilet ne-mie and Ilet ne-ya

Among the Tugen, Ilet ne-mie and Ilet ne-ya respectively are good and a bad thunder-gods. The crashing of thunder near at hand is said to be Ilet ne-ya trying to come to earth to kill people while the distant rumbling of thunder is Ilet ne-mie protecting man by driving away his namesake. Forked lightning is the sword of Ilet ne-ya while sheet lightning is said to be the sword of Ilet ne-mie.

Food

Kimyet (ugali) made of millet; a vegetable relish and mursik have long been the staples of Tugen diet. These were supplemented with roast meat (usually beef or goat) and milk, sometimes mixed with cows blood. Fish was also part of the traditional diet though largely limited to residents bordering the Nyanza region.

Honey was highly sought after and was used in the preparation of mead, a tradition dating back to the last century B.C. Cultural influences beginning in the 19th century have led to changes to Kalenjin diet. Notably, the introduction of maize has led to kimyet being made primarily of maize in the present day.

Economic Activity

Traditionally, the Tugen were cattle keepers and the cow occupied a central part in their cultural lives, as meat, milk, currency, and dowry. Among the Kalenjin community they are known as the most resilient alongside the Pokot people since they live in harsh climatic conditions.



Tugen heard of cattle

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A COLLECTION OF 100 TUGEN PROVERBS

1. Akot iit ne kestoi makasei toruro kutienei.

Kiswahili: Hata sikio lilio sawa kabisa haliwezi kusikia kuomboto ikiimba

French: Même l'oreille le plus vif ne peut pas entendre une fourmi chanter **English:** Even the sharpest ear cannot hear an ant singing.

Meaning: There is always a limit to what we are capable to do as a person, everyone has their weakness and no one can be perfect in everything.

Biblical Parallel: Matthew 7:1

“Judge not, that you be not judged”

2. Akot yerebeta kutuiyo egn pei matoku kuikui.

Kiswahili: Hata kama mti ukikaa kwa maji kwa mda mrefu namna gani huwezi ukawa mamba

French: Même si une bûche est dans l'eau pour longtemps, ça ne devient pas une crocodile **English:** Even if a log lies in the water for a long time, it does not become a crocodile.

Meaning: You cannot change who you are as a person even when you change appearance.

Biblical Parallel: 1 Samuel 16:7

“But the Lord said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.”

3. Ayochet ye neryo utin neetiana kumasirei met.

Kiswahili: Wahenga walisema hata jinsi gani kubwa sikio hakuna siku litaipita kichwa.

French: Bien que les oreilles soient longues, elles ne peuvent pas dépasser la tête.

English: No matter how long the ears grow, they will not surpass the head.

Meaning: This proverb was used to explain that no matter how fast children may grow, and become taller than their parents; they were still wiser than them.

Biblical Parallel: Leviticus 19:32

“You shall stand up before the gray head and honor the face of an old man, and you shall fear your God: I am the Lord”

4. Aree tab kipletekchan kunuwach.

Kiswahili: Palipo na moshi hapakosi moto.

French: Il n'y a pas des fumées sans feu

English: Where there is smoke there is fire

Meaning: The proverb explain that there is always truth in information which maybe rumored

but not verified. Do not trash it all together but investigate.

Biblical parallel: Mark 9:32

"Do not stop him," Jesus said. "For no one who does a miracle in my name can in the next moment say anything bad about me,"

5. An'ger chepsirere kosiir ware.

Kiswahili: Kipanga kina nguvu kwa vifaranga.

French: On se fait fort lorsqu' on traite avec un adversaire les faibles.

English: The hawk is strong at the chicks.

Meaning: The malicious people feel strong while dealing with the weak.

Biblical Parallel: Proverbs 22:16

"Whoever oppresses the poor to increase his own wealth, or gives to the rich, will only come to poverty"

6. Cheree lokoyan eng eunye kule manyen lokoyate

Kiswahili: Chunga! kwani watufanyia mabaya ni wale tumesaidia

French: Fait attention des mauvais de lui à qui tu as fait faveur
English: Beware of evil from him to whom you have done a favor.

Meaning: Those people who can destroy you are people who are closer to you and they know all your secrets.

Biblical Parallel: Proverbs 1:10

"My son, if sinners entice you, do not consent"

7. Chito ne mwoun biik alak ku mokoi kumwaitin eng biich.

Kiswahili: Anayesengenya wengine kwako, atakusengenya wewe kwa wengine.

French: Celui qui te dit des autres dira aux autres à propos de toi
English: He who tells you about others will tell others about you.

Meaning: You should always avoid gossiping about other people.

Biblical Parallel: Proverbs 11:13

"Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered"

__Chorwo ni rutechinin eng'nyalel ku chorwo

Kiswahili: Rafiki anayekutembelea wakati wa shida ndiye rafiki wa kweli

French: Un ami qui te visite quand tu es malade est ton meilleur ami

English: A friend who visits you when you are suffering is your best friend

Meaning: You will always know your true friend when you are in trouble.

Biblical Parallel: Proverbs 18:24

“A man of many companions may come to ruin, but there is a friend who sticks closer than a brother”

8. Chenyei kimeril arte tab bananian.

Kiswahili: Chui mara nyingi huua mbuzi ya maskini

French: Le léopard dévore souvent la chèvre d'un pauvre.

English: A leopard often takes a poor man's goat.

Meaning: Those who are poor are mostly the one who are targeted and oppressed by those who are rich. Their valuables are taken away from them just because they cannot defend themselves.

Biblical Parallel: Proverbs 14:21

“Whoever despises his neighbor is a sinner, but blessed is he who is generous to the poor.”

9. Chito nee chomei kuomishe kuchito nee moei boishe.

Kiswahili: Mtu ambaye anapenda kula hapendi kazi

French: Un vrai ouvrier mange peu.

English: The person who likes eating is not the one who works.

Meaning: Too much eating is the characteristic of lazy people.

Biblical Parallel: II Thessalonians 3:10

“For even when we were with you, we gave you this rule: “The one who is unwilling to work shall not eat”

10. Chemarmar mormorikchee woliwentei.

Kiswahili: Usijibu jambo mbaya na lingine mbaya

French: Ne répond pas la faute par une autre faute

English: Don't reply one wrong with another.

Meaning: Always forgive those who wrong you, and do them good.

Biblical Parallel: Matthew 6:14-15

“For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses”

11. Chitugul kusekenei milenyee.

Kiswahili: Kila mtu huchukuwa mzigo wake

French: Chaque personne porte son propre fardeau

English: Each person bears his own burden

Meaning: If you make mistakes or do something bad, you should always be ready to accept the consequence that come with the decision that you make in life.

Biblical Parallel: Luke 9:23

“And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me”

12. Chito ni ororiny eng mornenye kumeket kule chuna alak kuororei inen.

Kiswahili: Mtu ambaye hulenga kidole chake mwenzio huwa hakumbuki kuwa vidole nne zilizobakia huelekezwa kwake yeye.

French: Quelqu'un qui pointe ses doigts à une autre personne n'est pas toujours au courant que les autres quatre doigts pointent dans sa direction

English: Someone who is pointing his finger to another person is not always aware that the four remaining fingers are pointing in his direction

Meaning: You should not be quick to judge others, as we are all sinners.

Biblical Parallel: Luke 6:37

“Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven”

13. Chomyot eng'nyki kuyei chito kukor ak kumeny

Kiswahili: Upenda ambayo mtu hupenda kitu hufanya awe kipofu na kiziwi.

French: L'amour pour quelque chose fait un homme aveugle ou sourd

English: Love for something makes a man blind and deaf

Meaning: The proverb was used to explain that whenever you are emotionally attached to something or someone you intend not to be objective in your decision making.

Biblical Parallel: 1 John 4:8

“Anyone who does not love does not know God, because God is love”

14. Chi ni churutee kurorchinei chito nitinyei chemararin

Kiswahili: Mtu aliyeuchi mara nyingi humcheka aliyevaa mavazi yaliyoraruka

French: Un homme nu rie toujours à une personne avec des vêtements déchirés

English: A naked man will often laugh at someone with torn clothes

Meaning: Those who have big problems tend to look down upon those who have lesser problems than them.

Biblical Parallel: Proverbs 16:5

“Everyone who is arrogant in heart is an abomination to the Lord; be assured, he will not go unpunished”

15. Ibei chemarmar mormorikchee waliwentei.

Kiswahili: Punda milia hupeleka milia yake popote aendapo

French: Un zèbre prend ses lignes partout où il va

English: A zebra takes its stripes wherever it goes.

Meaning: You will always carry load for burden where you go, and you cannot offload them on somebody else. No one will be punished for your mistakes.

Biblical Parallel: Matthew 11:28

“Come to me, all who labor and are heavy laden, and I will give you rest”

16. Kekwet ni thitei kumeken laitorian.

Kiswahili: Anayejigamba kuwa shuja hukimbia kukiwa na shida

French: Il s’est vanté être brave lors des difficultés il s’enfuit.

English: He who boasts of bravery runs a race of his lifetime

Meaning: Those people who always boast do not mostly live to the expectation of their claim. They lose the respect that they had from others because of bragging.

Biblical Parallel: Proverbs 25:14

“Like clouds and wind without rain is a man who boasts of a gift he does not give”

17. Karan chomyot kosir rabia.

Kiswahili: Uhusiano mzuri unashida pesa.

French: Les bonnes relations valent plus que l’argent.

English: A good relationship is better than money

Meaning: The proverb means that one should make good relations with their surrounding regardless of their social status, for; materials cannot compensate moral loss in some instances.

Biblical Parallel: Proverbs 17:17

“A friend loves at all times, and a brother is born for adversity”

18. Keikei ulikeomei ngwii akomi chomyot kosir ulikomei peny akomi yoitio.

Kiswahili: Heri kula mboga kuliko na upendo kuliko kula nyama mahali palipo na chuki

French: Vaut mieux un plat de légumes là où il y a l’amour qu’un plat de boeuf là où il y a la haine

English: Better a meal of vegetables where there is love than a fatted ox where there is hatred.

Meaning: Happiness and love is the best medicine in a family.

Biblical Parallel: Ephesians 5:25

“Husbands, love your wives, as Christ loved the church and gave himself up for her”

19. Karkei korko ak sumei che rupei kaat.

Kiswahili: Mwanamke nikama nywele inayofwata shingo.

French: Une femme c’est comme les cheveux qui suivent le cou

English: A woman is like hair that follows the neck

Meaning: As a husband you should always show leadership and direction you want your family to take.

Biblical Parallel:1 Peter 3:7

“Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered”

20. Keet ni mining’ kunerei kuleku neo

Kiswahili: Mti mdogo huchelea hadi kuwa mti mkubwa

French: Un petit arbuste peut pousser dans un arbre

English: A little shrub may grow into a tree

Meaning: Those people you underrate may turn into reputable people in future.

Biblical Parallel:Philippians 2:3

“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves”

21. Kwaakot yerebeta kutuiyo egn pei matoku kuikui.

Kiswahili: Kile ambacho baba yako alichonacho kitakukwambia wewe.

French: Ce qui est dans ton père restera en toi

English: What is with your father will stick to you

Meaning: The children are the reflection of their parent.

Biblical Parallel:Psalms 127:3

“Behold, children are a heritage from the Lord, the fruit of the womb a reward”

22. Keikei woli keomei kwiny akomi chomyot kusiir woli keomei peny akomi yoityo.

Kiswahili: Heri jamii maskini iliyo na Amani kuliko jamii tajiri iliyo na chuki.

French: Mieux une famille pauvre où il y a la paix que la riche où il y a la haine.

English: Better a poor family where there is peace than a rich one where there is hatred.

Meaning: The proverbs were used to explain that all life is not only about wealth, but the happiness and joy that comes by being with family.

Biblical Parallel:1 Timothy 5:8

“But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever”

23. Kantain nee matinyei biik akomomi biik che matinyei kantoin.

Kiswahili: Ndama atakaye kuwa dume hodari haonyeshi dalili ya uchupavu wake angali mdogo kwa kamba.

French: Un veau qui sera un véritable taureau ne se manifeste pas sur la corde.

English: A calf that will grow into a breeding bull shows no signs while on tether.

Meaning: You do not have to tell people you are brave instead prove it to them.

Biblical Parallel: James 2:24

“You see that a person is justified by works and not by faith alone”

24. Karwe tab eren kuu eren

Kiswahili: Ngozi ya kondoo ni nguo ya wanafiki

French: La peau du mouton est l’habit des hypocrites

English: The sheep’s skin is the cloth for hypocrites

Meaning: Every bad person pretends to be good by laughing and talking well but in them they still remain to be bad.

Biblical Parallel: 2 Samuel 20:1

“And a man of worthlessness happened to be there, and his name was Sheba, the son of Bichri, a man of Benjamin. And he blew the ram's horn and said, we have no part in David, and we have no inheritance in the son of Jesse. Each mans to his tent, O Israel.”

25. Ki kwong’ chesiny eng ortinwek ereny.

Kiswahili: Njia mbili zilimshinda fisi.

French: Deux chemins mettent en illusion l’hyène.

English: Two-way confused hyena.

Meaning: This proverb is used once confused by two priorities not knowing which one to do.

Biblical Parallel: Matthew 6:24

“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.”

26. Korokta nee namei choto niparei erenee.

Kiswahili: Fimbo abanyo mtu ameshika ndio hutumika kwanza kumuwa nyoka.

French: Le bâton que tu tiens est celui qui est utilisé en premier lieu pour tue le serpent.

English: The stick one is holding is the one used first to kills the snake.

Meaning: One has to use what is at their disposal. Unlike not using the money you have noisily because you hope for bigger amounts tomorrow

Biblical parallel: Exodus 14:16

“But lift thou up thy rod, and stretch out thin hand over the sea, and divide it: and the children of Israel shall go on dry ground through the midst of the sea.”

27. Kakwente nee mechei kuamin motobenei kii uu.

Kiswahili: Mla chake hana haibu.

French: Qui mange son mets n’a pas honte.

English: Who eats his food is not ashamed.

Meaning: This proverb is used to show that when you toil and get the benefit of your struggle, it is always enjoy it publicly and proudly.

Biblical parallel: Matthew 25:23

"His master said to him, 'Well done, good and faithful slave. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master'".

28. Kemeng'iss nee koi kukerooche chang'

Kiswahili: Kuishi kwingi ni kuona mengi.

French: Celui qui vit longtemps voit et écoute beaucoup de choses.

English: To live long is to see many things.

Meaning: The proverb was used to explain that those who have lived for longer time have seen many things in their lifetime, good and bad so they are wiser.

Biblical Parallel: Job 12:12

"Wisdom is with the aged, and understanding in length of days"

29. Kibar kiplekwa kamenye kibwotei kule manyonei betut.

Kiswahili: Sungura alimua mama yake akidhani suku yake haitafika.

French: L'impatience conduit à des décisions maladroites. Il ne faut pas vider le dépôt car on ne sait pas ce que demain peut apporter.

English: The hare killed her mother because he thought that the day will not come.

Meaning: Impatience can lead to regrettable consequences.

Biblical Parallel: Galatians 5: 22-23

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law"

30. Koroktat bananian kunyeren yomot

Kiswahili: Kijiti cha maskini huharibiwa na upepo.

French: Le baton du pauvre se detruit par le vent.

English: A poor person's stick is destroyed by the wind.

Meaning: In the proverb the wind represents the 'big man'. For a poor people to succeed in their planned ventures, they need the patronage of the stable members of the society. Usually financial support, references and linkages, otherwise they will fail.

Bible parallel: Romans 15:1

"We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves."

31. Kwalimii aros komii ma

Kiswahili: Haba na haba hujaza kibaba.

French: Petit à petit on complete la cannette.

English: Drop by drop fills the can.

Meaning: It teaches us to be patient when doing anything. We should not be in a hurry to achieve our goal too fast. Success takes time, patience and hard work, which does not in a day.

Bible Parallel:Habakkuk 2:3

“But these things I plan won’t happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day.”

32. Kany kumwokei mor.

Kiswahili: Wacha panya zitupiyane mishale

French:Laisse les rats tiré des flèches à eux-mêmes

English: Let rats shoot arrows at each other

Meaning: Do not involve yourself in discussion with people who are not of the same caliber.

Biblical Parallel: 1 Corinthians 15:33

“Do not be deceived: “Bad company ruins good morals”

33. Koyiit ne kusub kuro ases tai.

Kiswahili: Heshimu aliyeona jua mbele yako.

French:Respect celui qui a vu le soleil avant toi

English: Respect the one who saw the sun before you

Meaning: You should always accord respect to those who are older than you.

Biblical Parallel:Exodus 20:12

“Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you”

34. Kaporuna nelboruu arut.

Kiswahili: Unavyooneka ni mfwano ulivyo ndani

French:L`apparence est le signe de ce qui est à l`intérieur

English: Appearance is the sign of what is inside.

Meaning: You can always judge the character of a person from what they portray outside.

Biblical Parallel:Proverbs 31:30

“Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised”

35. Kamapae sikirye kityo yameche irany.

Kiswahili: Mimi na kaka yangu ni dhidi ya binamu yangu na mimi na binamu yangu ni dhidi ya mgeni

French: Moi et mon frère sont contre mon cousin et moi et mon cousin sont contre l'étranger

English: I and my brother are against my cousin and I and my cousin are against the stranger

Meaning: Close family ties comes first before anything or anyone else.

Biblical Parallel: 1 Timothy 3:4

"He must manage his own household well, with all dignity keeping his children submissive"

36. Lorian yerekwek kab sikiik kunamekei ak kiptaiyat

Kiswahili: Ni huzuni wakati tembo akifa, lakini jamii nzima inaweza kulishwa juu yake.

French: C'est triste quand un éléphant meurt mais la communauté se nourrit de ça

English: It is sad when the elephant dies, but the whole community can feed on it.

Meaning: Sometimes the tragedy of one person may be another person's benefit.

Biblical Parallel: Romans 6:23

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord"

37. Lakwa kuba chitongol

Kiswahili: Mtoto ni wa jamii

French: Un enfant est un enfant de la communauté

English: A child is a child of the community.

Meaning: A child cannot be raised by their parents only, but it takes the community/society to raise a child right.

Biblical Parallel: Proverbs 29:15

"The rod and reproof give wisdom, but a child left to himself brings shame to his mother"

38. Lomyot eng'nkiy kuyei chito kukor ak kumeny

Kiswahili: Mchwa haiwezi kufanyia chochole ila kuilamba

French: Une termite ne peut rien faire à une pierre sauf le lécher

English: A termite cannot do anything to a stone except lick it

Meaning: You should not be worried about people who cannot affect you or your life.

Biblical Parallel: Titus 3:10

"As for a person who stirs up division, after warning him once and then twice, have nothing more to do with him"

39. Laran chomyot kosir rabia.

Kiswahili: Kupatiana ni kuweka hazina ya kesho

French: Un enfant n'est pas un enfant de tout le monde.

English: Giving out is investing for some later times.

Meaning: Doing good deeds is a way of ensuring your life, for; they might be returned one of these days.

Biblical Parallel: Ecclesiastes 11: 1

"Give generously for your gift will return to you later"

40. Lakwa nee konyitot mapatienei woli ruei.

Kiswahili: Mtoto mtifu akosi mahali pakulala

French: Un enfant respectueux ne manqué pas ou dormir.

English: An obedient child doesn't lack somewhere to sleep.

Meaning: Good deeds are always rewarded. When you help people when they need your help, they will help you and your family in the future.

Biblical parallel: 2 Samuel 19:38

"And the king answered, Chimham shall go over with me, and I will do to him that which shall seem good unto thee: and whatsoever thou shalt require of me, that will I do for thee."

41. Lorion nee kuwenyeka kukasikishei.

Kiswahili: Kikohozi kilicho mafichoni huskika kwa umma.

French: Une toux dans un lieu cache est entendu en public

English: A cough in a hiding place is heard in public.

Meaning: Whatever you hide from people will always be revealed when you least expect.

Biblical Parallel: Psalms 31:20

"In the cover of your presence you hide them from the plots of men; you store them in your shelter from the strife of tongue"

42. Oketei arte kusubkei ak wolikiraty.

Kiswahili: Mbuzi hula hadi kamba yake inafika.

French: La chèvre ne broute qu'à la portée de sa laisse

English: A goat can only feed within the range of its cord.

Meaning: People are advised to live within their means, for; extravagance can lead to disastrous occurrences.

Biblical parallel: Proverbs 21: 17

"Whoever loves pleasure will become poor; whoever loves wine and olive oil will never be rich"

43. Maleku keet tokol eng'kerti kwen che koron.

Kiswahili: Sio kila mti kwenye msitu huwatengeneza kuni mzuri.

French: Ce n'est pas tous les arbres dans la forêt fait un bois de chauffage

English: Not all the trees in the forest make good firewood.

Meaning: It takes character and a gift to undertake and achieve good status in the community.

Biblical Parallel: Exodus 35:10

“Let every skillful craftsman among you come and make all that the Lord has commanded”

44. Mapae sikirye kityo yameche irany.

Kiswahili: Huwezi lisha punda wako wakati ambao tu unataka kumpanda.

French: Tu ne peux pas nourrir ton âne seulement quand tu as besoin de lui

English: You can't feed your donkey only when you need to ride it.

Meaning: Always appreciate other people, but not only when you need something from them.

Biblical Parallel: Matthew 7:12

“So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets”

45. Maweku cheplokotian kotee'let

Kiswahili: Mwindaji hawezi rudisha mshale kwa upinde

French: Un chasseur ne peut pas se rappeler de la flèche attaché à l'arbre

English: A hunter cannot recall the arrow to the bow

Meaning: If you set out evil plans against others you should expect that one day you will be found out and you will face the repercussion too.

Biblical Parallel: Proverbs 21:15

“When justice is done, it is a joy to the righteous but terror to evildoers”

46. Ma'ang'er kesiich lakwa anng'er kerib.

Kiswahili: Kazi sio kuzaa kazi ni kulea

French: Ce n'est pas difficile de donner naissance à un bébé mais c'est difficile de l'élever

English: It is not hard to give birth to a baby, but it is difficult to raise him.

Meaning: The proverb was used to explain that nurturing a child into a grown-up is an up-hill task compared to giving birth to it.

Biblical Parallel: 2 Peter 3:18

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen”

47. Manyat ak karnai meketenoi chepkat angenge.

Kiswahili: Mayai na chuma lazima kuwa katika mfuko mmoja

French: Les œufs et le métal ne doivent pas être dans le même sac

English: Eggs and iron must not be in the same bag

Meaning: People who are not of the same class/behavior cannot associated with each other.

Biblical Parallel: 1 Thessalonians 5:11

“Therefore encourage one another and build one another up, just as you are doing”

48. Manku ku labkeiyo

Kiswahili: Ukweli ni mwangaza

French: La vérité est la lumière

English: Truth is light

Meaning: Anything that is of good intention is done in broad day light.

Biblical Parallel: John 8:12

“Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life”

49. Marirei kuikuiyo yesuchi pei.

Kiswahili: Mto wa mamba huwa hali akianguka kwenye maji

French: Un jeune crocodile ne pleure pas quand il tombe dans l'eau

English: A young crocodile does not cry when he falls in the water

Meaning: No one ever complains when they are comfortable where they are unless taken out of that situation.

Biblical Parallel: Psalm 119:76

“Let your steadfast love comfort me according to your promise to your servant”

50. Muitai kulitei boroin nee konyitot.

Kiswahili: Uvumilivu yatakuongoza kwa cheo ya heshima.

French: La patience conduit à une position honorable.

English: Patience leads to an honorable position.

Meaning: Without patience we cannot reach an honorable position.

Biblical Parallel: Psalm 37:7

“Be still in the presence of the Lord, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes”

51. Matamei pelionto kusutei kelte nye.

Kiswahili: Ndovu hachoshwe nauzito wa meno yake.

French: L'éléphant ne se fatigue pas de sa trompe, malgré son poids.

English: The elephant does not get tired carrying his heavy tusks.

Meaning: When you do something wrong, you should be ready to accept the punishment that comes with your actions.

Biblical Parallel: Galatians 6:5

“For each one should carry their own load”

52. Meunei eu angenge bor

Kiswahili: Mkono mmoja haiwezi kuosha mwili wote.

French: L'union fait la force.

English: One hand alone cannot wash the body.

Meaning: There is strength in unity "many hands make light work".

Biblical Parallel: Psalm 33:22

"Let your steadfast love, O Lord, be upon us, even as we hope in you"

53. Mei chii akutebsot ng'alek koikenya.

Kiswahili: Mtu hufa lakini maneno yake yanaishi milele.

French: L'homme meurt mais ses actes demeurent.

English: A man dies, but his word lives forever.

Meaning: A man can pass, but his word survives

Biblical Parallel: Revelation 14:13

"Then I heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit "they will rest from their labor, for their deeds will follow them."

54. Makosei kaat nyekisintab met.

Kiswahili: Bega halisikii uzito wa kichwa.

French: Le cou ne ressent pas le plus grand poids de la tête.

English: The neck does not feel the weight of the head.

Meaning: Every part of the body is created to coordinate.

Biblical Parallel: Hebrews 10:24-25

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near"

55. Momi kantain nee matinyei biik akomomi biik che matinyei kantoin.

Kiswahili: Hakuna kiongozi asiyekuwa na wafuasi, ingali hakuna watu wasiokuwa na viongozi.

French: Il n'y a pas un leader sans peuple comme un peuple sans leader.

English: There is no leader without people as well as people, without a leader.

Meaning: We all need each other as no person can serve on their own in this world.

Biblical Parallel: 1 Corinthians 12:12

"For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ"

56. Malekuu kaat met.

Kiswahili: Shingo haliwezi kuwa kichwa

French: Le cou ne sentira pas le poids de la tête

English: The neck cannot become the head.

Meaning: You should always respect the authority as ordained by God.

Biblical Parallel: Hebrews 13:17

“Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you”

57. Momii cherenges ka malenei atinye kotut nee koi.

Kiswahili: Hakuna mjusi ambaye hasemi hana mkia mrefu saidi

French: Il n'y a pas de lézard qui ne dira pas qu'il a la plus la longue queue

English: There is no lizard that does not claim to possess the longest tail.

Meaning: Everyone will always say that they are the best and proud of who they are compared to their kind.

Biblical Parallel: Genesis 1:27

“So God created man in his own image, in the image of God he created him; male and female he created them”

58. Ma menei iit kaat.

Kiswahili: Sikio haliwezi kukadiria kichwa

French: Tout subaltern a le devoir de respecter supérieur.

English: The ear cant underestimated the head.

Meaning: God has His order of doing things thus do not disrespect your elders, thus accord respect to them despite of the social or economic status.

Biblical Parallel: Matthew 10:24

“The student is not above the teacher, nor a servant above his master”

59. Meetaam chukui nee ruei.

Kiswahili: Usimsumbue Umbwa alalaye.

French: Il ne faut pas provoquer un homme apparemment docile.

English: Don't provoke a dog that is sleeping.

Meaning: Do not surpress those who are poor just because your richer than they are, the wrath of God will be upon you.

Biblical Parallel: Matthew 18:10

“See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven”

60. Mentene lung'ung kebene tab eren akot yemomi.

Kiswahili: Husiweke Mkono Kwenye Shimo Ya Nyoka Hata Kama Hayupo

French: Ne met jamais ta mais dans le trou du serpent même a son absence

English: Never place your hand in a snake's whole even when it's not there.

Meaning: Never tempt others even when you see them not strong and they are silent. It is not

wise to tempt others or ourselves purposely. Better avoid temptations if possible.

Biblical Parallel: Matthew 26:41

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

61. Menyoekei chepkirchon.

Kiswahili: Mganga hajigangi.

French: Le médecin ne se soigne pas lui-même.

English: Physician does not cure himself.

Meaning: This proverb is employed to show that we do not have the same abilities, hence complementarity is needed.

Biblical parallel: 1Kings19:3

“Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there”.

62. Ng’etuny nee mechei kuamin motobenei kii uu.

Kiswahili: Simba anataka ku kukula hata ona kukonda kwako

French: Un lion qui veut te dévoré ne voit pas ta maigrichon (male sante)

English: A lion that wants to eat you doesn’t look at your size.

Meaning: When you want to help someone never look at the size. Never love someone out of their body sizes.

Biblical Parallel: 1Samuel19:10

“And Saul tried to strike with the spear through David and through the wall. But he burst forth from Saul's presence. And he struck the spear through the wall. And David fled, and escaped during that night.”

63. Ng’uny ni thitei kumeken laitorian.

Kiswahili: Kuteleza hakumtambui mfalme

French: Le sol glissant ne reconnaît pas un roi.

English: Slippery grounds does not recognize a king

Meaning: The environment does not discriminate and it takes everyone equal. It does not care about your social or economic status, it treats everyone equal.

Biblical parallel: Acts 10:34

“So Peter opened his mouth and said: “Truly I understand that God shows no partiality”

64. N’ger chepsirere kosiir ware

Kiswahili: Kuajibika ni kwenye nguvu kuliko nguvu ya mwili.

French: La justice finit toujours à gagner.

English: Uprightness is more powerful than physical strength.

Meaning: Better use justice than physical strength.

Biblical Parallel: Proverbs 29:4

“By justice a king gives country stability, but those who are greedy for bribes tear it down”

65. Ng’alek chebo boisek kuberurot.

Kiswahili: Usemi wa wazee umebarikiwa.

French: Les mots de vieux sont bénits

English: The words of the elders are blessed.

Meaning: When you listen to the advice and wisdom of the elders then you will be blessed.

Biblical Parallel: Proverbs 19:20

“Listen to advice and accept instruction, that you may gain wisdom in the future”

66. Ng’ancha chemarmar mormorikchee woliwentei.

Kiswahili: Ukiokota shindano bela kutarajia, utaipoteza hapo hapo.

French: Quand l’in ramasse une aiguille au hasard, elle se perd en blaguant.

English: When you pick up a needle unexpectedly, you lose it the same way.

Meaning: Everything that comes easy in your life you always take them for granted and they are bound to disappear easily. Do not take short-cuts in life.

Biblical Parallel: Hebrews 13:5

“Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”

67. Nee tebsei kumobotei eng kerti.

Kiswahili: Mtu anyeulizia hapotei njia hata kwa msitu.

French: Qui consulte, ne se perd jamais, même au milieu d’une grande ou petite forêt.

English: He who consults does not lose his way even in a thick forest

Meaning: This means that no one can suffice themselves. We will always need other people in our lives, one reason to be open.

Biblical Parallel: 1 Peter 4:8

“Above all, keep loving one another earnestly, since love covers a multitude of sins”

68. Nee wentei moo kunung’ung.

Kiswahili: Kile ambacho kimmeingia kwa tumbo lako ndiyo chako.

French: C’est ce qui va dans ton ventre qui est le tien

English: It is what that goes in your stomach that is yours

Meaning: The proverb advises one to content with what they possess, for, what is your neighbor’s is not yours.

Biblical Parallel: 1 Timothy 6: 6

“Of course, godliness with contentment is great gain.”

69. Ne berber kutoun korotikche.

Kiswahili: Mjinga ujinga huanza kwenye damu yake.

French: Celui qui a commis un forfait n'est jamais en paix.

English: The fool starts in his blood.

Meaning: The person who has committed fault is never at peace.

Biblical Parallel: Proverbs 28:1

"The wicked flee though no one pursues, but the righteous are as bold as a lion"

70. Ng'echer nio maleku laitorian

Kiswahili: Kiti kikubwa hakitengenezi mfalme

French: Une grande chaise ne fait pas un roi

English: A big chair does not make a king.

Meaning: If someone is proud and boastful all the time it does not mean that they are capable.

Biblical Parallel: Proverbs 29:23

"One's pride will bring him low, but he who is lowly in spirit will obtain honor"

71. Nyarilei eu kuboibaitu kotee.

Kiswahili: Mkono humuia kazini, lakini mdomo ndoo hupata mazuri.

French: La main souffre au travail mais la bouche est celle qui se réjouit des récompenses

English: The hand suffers at work, but the mouth is what enjoys the rewards.

Meaning: The proverb was used to educate the community that the fathers are the one who work hard for their family who are the beneficiary.

Biblical Parallel: 1 Timothy 5:8

"But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever"

72. Nerekwek kab sikiik kunamekei ak kiptaiyat.

Kiswahili: Hasira ya mzazi imeingiana na ya Mungu.

French: La colère des parents est reliée à la colère de Dieu

English: Parents' anger is connected to God's anger

Meaning: You should always work hard to please your parents because their bad wishes can affect you in life.

Biblical Parallel: Colossians 3:20

"Children, obey your parents in everything, for this pleases the Lord"

73. Pei che lolot maloku woi ni tirren chotanai

Kiswahili: Chura hawezi kucheze kwenye maji moto.

French: L'eau chaude n'est pas un terrain pour jouer pour les grenouilles

English: Hot water is not a playground for frogs

Meaning: It is impossible for someone to excel where they are not talented.

Biblical Parallel:Romans 12:6

“Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith”

74. Pai lakweng’ung akitukon kimie.

Kiswahili: Lisha mtoto wako vizuri na pia mpatie adabu

French: Nourrit bien ton fils et discipline-le bien

English: Feed your son properly and discipline him properly

Meaning: Always bring up your children well and punish them when it is required.

Biblical Parallel:Ephesians 6:4

“Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord”

75. Petut angenge ne nya kulabatsion lokoi eng taiung’.

Kiswahili: Hata hao watoto walio rafiki zako, watakutoroka, wakati wasiku mbaya.

French: Pendant les jours de malheurs les enfants vous abandonnent.

English: On a bad day children will flee from your sight.

Meaning: Even children who are usually friendly will hide from you on a bad day.

Biblical Parallel:Jude 1:7

“Just as Sodom and Gomorrah and the surrounding cities, which likewise indulged in sexual immorality and pursued unnatural desire, serve as an example by undergoing a punishment of eternal fire”

76. Rob ar ne ribot akot ye kikunuro.

Kiswahili: Fuata barabara iliyo salama hata kama kuna upepo mkali

French: Suit une route sécurisé même s’il fait vent

English: Follow a secure road even if it is winding

Meaning: Always be upright in life, do not undertake in short-cuts because they eventually leads to destruction.

Biblical Parallel:John 14:6

“Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me”

77. Tukon ye perperin ak ikinet atep ne karan

Kiswahili: Mwadhibu akinene uongo na mfunze tabia njema.

French: Punit-le s'il ment et apprend-le de bonne manière

English: Punish him if he lies and teach him good manners

Meaning: You should always punish the wrongdoers in the community to make them better people in future.

Biblical Parallel: Colossians 3:25

“For the wrongdoer will be paid back for the wrong he has done, and there is no partiality”

78. Tenyei kimeril arte tab bananian

Kiswahili: Nyoka uzaa nyoka

French: Le serpent n'enfante qu'un serpent

English: The young one of a snake is just snake

Meaning: A good person gives rise to good children but a bad person gives rise to a bad child. People judge parents and their children on their comparative (similar) behaviors.

Biblical Parallel: 1Samuel 24:14

“After whom has the king of Israel come out? After whom are you pursuing? After a dead dog? After a flea”

79. Taykot yerebeta kutuiyo egn pei matoku kuikui.

Kiswahili: Anaye chimbua mwingine shimo la mabaya, uchimba lake kubwa zaidi.

French: Toi qui creuse un trou pour le mal, fait ton espace plus grand là-dedans

English: You who dig a hole for evil, make your space wider in it

Meaning: Those who are wrongdoers to others it will always come back to them.

Biblical Parallel: 1 Peter 2:14

“Or to governors as sent by him to punish those who do evil and to praise those who do good”

80. Terit chi karkei kutirtoi tokol.

Kiswahili: Ndege ambazo ni sawa hupaa pamoja

French: Les oiseaux de la même espèce volent ensemble

English: Birds that are similar fly together

Meaning: people of the same characters and interest are more likely to be seen together than those who don't share the same characters or interests.

Biblical Parallel: Proverbs 12:26

“One who is righteous is a guide to his neighbor, but the way of the wicked leads them astray”

81. Tuuk che kechorei kumewonyei kemei.

Kiswahili: Vitu vya wizi havishibishi

French: Les choses du vole ne rassasié pas

English: Stolen things never finished the famine.

Meaning: The ill-gotten benefits are not helpful to anybody. Many gain wealth wrongfully but later

lose it all. They may not use it comfortably or invest it for fear of being found out.

Biblical Parallel: Proverbs 20:17

“Bread of falsehood is sweet to a man; but afterwards his mouth shall be filled with gravel. The getting of treasures by a lying tongue is a vapor driven to and fro by them that seek death”.

82. Tuuka chekebeitoi koba kabikoi kumekeoltoi.

Kiswahili: Mbuzi ya mahari haiuzwi

French: La chèvre reçue pour dote ne peut être vendue

English: Cattles given for bride price is not sold

Meaning: Something given from the heart as a gift is not sold given out or thrown away.

Biblical Parallel: Judges 15:2

“And her father said, I certainly said that hating you would hate her, and I gave her to your companion. Is not her sister, the young one, better than she? Please let her belong to you, instead other.”

83. Teta netinyel tisy kusichei mwoto neetnyei tisy.

Kiswahili: N’gombe iliyona madowa huzaa ndama mwenye madowa

French: Une vache tachetée donne naissance à un veau tacheté

English: A spotted cow gives birth to a spotted calf

Meaning: The habits and behavior of a parent is mostly likely to be seen in his/her children.

Biblical Parallel: Ephesians 5:1

“Therefore be imitators of God, as beloved children”

84. Warwe tab eren kuu eren.

Kiswahili: Kila nyumba ina matatizo

French: Dans chaque maison il y’a des problèmes

English: Every house has its problems

Meaning: In every place there must be some misunderstandings.

Biblical Parallel: Genesis 16:5

“And Sarai said to Abram, My injury be upon you; I gave my slave-girl into your bosom, and she saw that she had conceived, and I was despised in her eyes. Let YAHWEH judge between me and you”

85. Walimii aros komii ma.

Kiswahili: Palipo na moshi pana moto

French: Là où il y a la fumée il y aura le feu

English: Where there is smoke there is fire

Meaning: When a wise elder talk about something, however much you may deny eventually it will come to light.

Biblical Parallel:Proverbs 20:19

“Whoever goes about slandering reveals secrets; therefore do not associate with a simple babbler”

86. Wekchin kayana chito neemayeniny ak menyeren chito nikinyereniny.

Kiswahili: Rudisha imani kwa mtu ambaye hana imana na wewe na wala usimsaliti mtu yule atakayemsaliti wewe

French: Retourne la confiance à la personne qui ne te fait pas confiance et ne trahit pas la personne qui te trahit

English: Return trust to the person who doesn't trusts you and do not betray the person who betrays you.

Meaning: Forgive those who have wronged you, do not have ill motive to hurt them as they hurt you.

Biblical Parallel:Mark 11:25

“And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”

87. Yotomyot eng'nyiki kuyei chito kukor ak kumeny

Kiswahili: Ukifanya kitu kibaya kwangu, nitakusamehe. Lakini jua kuwa sikumoja Mungu atafanya umpige mtu wa mfalme kichwani na utahadhibiwa.

French: Si tu me fais quelque chose de mal, je te pardonne mais un jour Dieu te fera frapper le fils d'un chef à la tête puis le chef te punira

English: If you do something wrong to me, I forgive you. But I know that someday God will make you hit the son of a chief on the head. Then the chief will punish you.

Meaning: Always be careful how you treat others. Wrongdoing to others does not go unpunished.

Biblical Parallel: Matthew 7:12

“So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets”

88. Yakwa nee konyitot mapatienei woli ruei.

Kiswahili: Mtoto akikukutusi kuko mtu nyuma yake.

French: Si un enfant t'insulte, il y'a une personne derrière lui

English: If a child insults you there is someone behind him.

Meaning: When you see a child with the courage there is someone who give him strength.

Biblical Parallel: 2 Samuel 14:30

“And he said to his servants, Behold, Joab's allotment is beside mine, and he has barley there. Go and set it on fire. And Absalom's servants set the allotment on fire”

89. Yemeng’ishe ak romanik iyei kiit niyei ichek anan iwechikei.

Kiswahili: Ukiishi na waromania, fanya wanayo yafanya

French: Quand tu vis avec les Romains soit tu fais comme ils font ou tu pars

English: When you live with Romans, either do as they do or move away

Meaning: You should always follow the culture, beliefs and values of the community.

Biblical Parallel: James 1:27

“Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world”

90. Ye’maet cheree lokoyan eng eunye kule manyen lokoyate.

Kiswahili: Nyani asipoweza kufikia mandizi yalioiza mtini na mikono yake, husema si tamu.

French: Quand le singe ne peut pas avoir la banane mûre avec ses mains, il dit que ce n'est pas bon

English: When the monkey can't reach the ripe banana with his hand, he says it is not sweet

Meaning: Those people who are losers will always find an excuse for their on doing.

Biblical Parallel: Galatians 6:9

“And let us not grow weary of doing good, for in due season we will reap, if we do not give up”

91. Yeshepei kokcha mayaili chee, mayonei aka kushepei.

Kiswahili: Kuku akilalia, kuku nyingine haiwezi kukalia mayai yake

French: Quand une poule couve, une autre poule s'assoit sur ses œufs

English: When a hen is brooding, another hen cannot sit on her eggs

Meaning: We always defend our own when their lives/status is threatened.

Biblical Parallel: Psalms 34:7

“The angel of the Lord encamps around those who fear him, and delivers them”

92. Yesosin chukuya, ak mesos nyite kulenei metinye kelat.

Kiswahili: Mbwa akikuuma na hauimi kamwe, itasema huna meno

French: Si un chien te mord et tu ne fais rien, il te dira que tu n'as pas de dents

English: If a dog bites you and you don't bite him back, it will say that you have no teeth

Meaning: You should always take own issues head on and counter whenever it is necessary.

Biblical Parallel:Romans 12:19

"Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

93. Yo otoi kiy tuyan koi kupaten kumel.

Kiswahili: Mtu asiyejulikana hagawiwi nyama ya n'gombe

French:Un étranger ne partage pas la viande de boeuf

English: A stranger does not share the bull's meat.

Meaning: You should not involve yourself in issues that do not concern you.

Biblical Parallel: Romans 12:2

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect"

94. Ye bwoti kule ichii mining' iru ko ne karat ak kepech.

Kiswahili: Kama unafikiri kuwa wewe ni mdogo kufanya mabadiliko, jaribu ulale na umbu kwenye nyumba.

French:Si tu penses que tu es très petit pour faire une différence, essaie de dormir dans une chambre fermée avec un moustique

English: If you think you are too small to make a difference, try sleeping in a closed room with a mosquito.

Meaning: Always stand for what you believe in and people will listen.

Biblical Parallel:Ephesians 6:11

"Put on the whole armor of God, that you may be able to stand against the schemes of the devil"

95. Yei ng'alekuk kusupkei ak boisionikuk.

Kiswahili: Fanya maneno yako ya kweli kwa matendo yako.

French:Fait tes mots correspondre à tes actions

English: Make your words true to your actions.

Meaning: You should always be a person who can be relied on and trust in what you say by doing and adhering to your utterances.

Biblical Parallel:Matthew 6:5

"And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward"

96. Yatyorion nee kuwenyeka kukasikishei

Kiswahili: Anyeingilia maneno ambayo hayamhusu, husikia maneno ambayo si mazuri.

French:Celui qui intervient dans les choses qui le concerne pas entend ce qu'il n'aime pas

English: He who intervenes in matters that do not concern him hears what does not please him.

Meaning: Always you should mind your own business and not get involved in things that does not concern you.

Biblical Parallel: Romans 3:23

“For all have sinned and fall short of the glory of God”

97. Yochong’ chesiny eng ortinwek ereny

Kiswahili: Njia ya mwongo ni fupi.

French: Le chemin du menteur est trop court.

English: Path of a liar is very short.

Meaning: When you keep laying to people, one day you will be found out and the respect and dignity you had in the community will be lost.

Biblical parallel: Luke 22:21

“Yet the hand of the man who is betraying me lies with mine at this moment on the table”

98. Yemeche kiiy ni mii kitok akoi ing’uruke.

Kiswahili: Ukitaka kitu kilicho chini ya kitanda lazima uuina.

French: Si tu veux quelque chose sous ton lit tu dois t’agenouiller

English: If you need something beneath the bed, you must kneel.

Meaning: The proverb was used to encourage the community members to always work hard for anything they desire.

Biblical Parallel: 2 Timothy 4:7

“I have fought the good fight, I have finished the race, I have kept the faith”

99. Yemekaste kurset kab boishek kechupin.

Kiswahili: Usipoitikia mwito wa mzee wako basi utalaaniwa.

French: Si tu ne parles pas fort à un vieux tu seras maudit

English: If you don’t yield to an elders call you will be cursed

Meaning: If you do not listen to what your elders are advising you then you will find yourself in trouble of life.

Biblical Parallel: Proverbs 11:21

“Be assured, an evil person will not go unpunished, but the offspring of the righteous will be delivered”

SUMMARY

The collection of 100 Tugen proverbs has been exiting experience toppled with both learning and facing of different challenges of its own. I have been able to experience the lifestyle and culture of the Tugen a first-hand. With my collaborator CheborBartus we arrived at their village called Ng'nyin. The road to the village was characterized with dust and with uncomfortable transport system. I was welcomed to a muddy hut which was simmered in a circular pattern. I was welcomed with a glass of sour-milk with 'ugali'. Chebor had made arrange for us to get assistance from the elders who were friends to the family. The next day after travel day, we embarked on the journey to visit the home of the elders. One after the other we were able to collect a substantial number of proverbs and wise saying but they were not all.

It keenly observe the culture of the Tugenwhich was vivid from their way of life. Due to harsh environment, their dressing code was of lighter clothes and special shoes known as 'Akala'' which were made specifically for those harsh environments were weaned on their feet.

During gathering and collection the proverbs and wise sayings, there were many challenges which manifested themselves. The weather was not favorable especially for me, we had to walk in the scorching sun as we moved from one elder homestead to another. The gathering also consumed a lot of time as the elders did not understand Kiswahili or English and everything words had to be translated taking a lot of time. The communication was a challenging between me and those on the ground due to a not so well established communication network in the area and this derailed the time used to complete data gathering.

In conclusion, the collection of Tugen proverbs and wise sayings has been a long journey full of up and down but with the ultimate goal and objective which was achieved eventually.

CONCLUSION

The Tugen people are one of the most resilient people in the Kenya. From their harsh living environment to their culture and way of living. Their society is harmonized by the entrenchment

of basic human values among the community members to ensure continuity, peace and harmony. Their social structure is followed to ensure each member of the society is accorded the respect they deserve and play a crucial role in the society. To maintain this fabric and ensure its continuity, Proverbs and wise sayings have been used by the Tugen people from one generation to another. They have been used to pass basic human core values that are valued and are most important in the human interactions among the community members. This is generally seen in their proverbs and wise saying which are used daily to educate, advice, encourage among other things. The most basic core human values are evident in the proverbs and wise saying among the Tugen people, some of the include; Happiness, love, peace, freedom, intelligence, respect, justice, safety among others.

The incorporation of the core human values in the daily life and culture is evident in their way of life through proverbs and wise saying which are used mostly. The core human value of intelligence is shown in proverb number one which says *“Even the sharpest ear cannot hear an ant singing”*. This proverb express that having wisdom or intelligence in the community is vital for the growth of the community. Another human core values is Respect, this is shown clearly in proverb number three which says *“No matter how long the ears grow, they will not surpass the head”*. It employ everyone to accord respect to those who are older than them. Justice is another human value presented as indicated in proverb number seven which says *“He who tells you about others will tell others about you”*, the proverb teaches us that whatever you do to others people will always come back to you in the same measure. Love as human core value is represented in proverbs number eight and eighty respectively which say *“A friend who visits you when you are suffering is your best friend”* and *“A good relationship is better than money”*. Safety as a core human value is represented in proverb number forty three and seventy seven respectively which say *“A goat can only feed within the range of its cord”* and *“Follow a secure road even if it is winding”*. Among others.

This is just but a few of basic core human values which are represented in the collection of Tugen proverbs and wise sayings. This is an indication that these values cuts across the universe.

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APPENDIX

A RESEARCH PROPOSAL FOR THE COLLECTION OF TUGEN PROVERBS AND WISE SAYINGS

By Kevin Namatsi

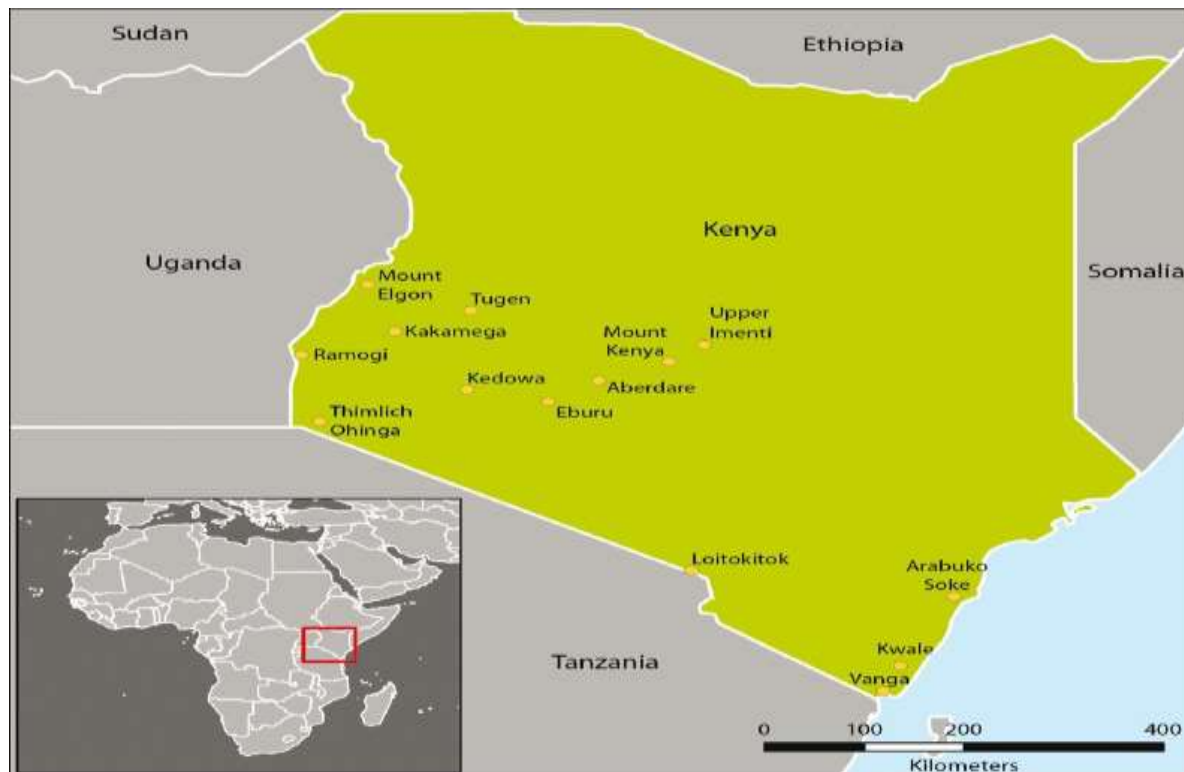
(Kenya)

INTRODUCTION

Location

The Tugen are a sub group of the Kalenjin people alongside the Nandi, Kipsigis, Keiyo, Pokot, Marakwet, Sabaot, Ogiek, Lembus and Sengwer sub-groups in Kenya. Daniel arapMoi, the second president of Kenya (1978–2002), was from the Tugen sub-tribe. The Tugen people speak the Tugen language. The Lembus people are confused as being either Nandi or a sub group of Kalenjin; but has been dismissed with history discovered of the lembus people. They are predominantly a group of People who originally lived in the forest called Somek, Murkaptuk, Kamaruso and Partially assimilated Ogiek.

The Ethnographical Location of TheTugen Ethnic Group In Kenya



Myth of Origin

Linguistic evidence points to the eastern Middle Nile Basin south of the Abbai River, as the ancient homelands of the Kalenjin. That is to say south-east of present day Khartoum. They were not a distinct group of people at this time but part of a wider society today referred to as Nilotic peoples.

The Nilotic point of unity is thought to have occurred sometime between 3000 and 2000 B.C. though the form that this unity took and much of their way of life at this time still remains unclear.

Beginning in the 500 B.C., particular Nilotic communities began to move southward into present day South Sudan where most settled. However the societies today referred to as the Southern Nilotes pushed further on, reaching what is present day north-eastern Uganda by 1000 B.C.

The Southern Nilotic societies later moved into Western Kenya by 700 B.C., where they settled next to and were deeply influenced by particular Cushitic societies that had preceded them in Kenya. This impact was most notable in borrowed loan words, adoption of the practice of circumcision and the cyclical system of age-set organisation.

The Tugen are further subdivided into four subgroups or sections:

- v. **Arror group**-They live in the Highlands of Kabartonjo and the lowlands of Kerio Valley (Barwessa) and Lake Baringo of North Baringo District. They are perceived as the most advanced group in terms of education and wealth accumulation.
- vi. **Samors group**- They live in the wider Kabarnet in Central Baringo district. This is the group from which the second president of Kenya, Daniel Toroiticharap Moi comes.
- vii. **Lembus group**- who occupy the fertile and well drained farmlands of Koibatek District.
- viii. **Endorois group**- They who come from the Marigat and Mogotio Districts. They are a marginalized community and are known to take great pride in their culture.

Culture

As with some Bantu groups, the Kalenjin and other Nilotes in the Great Lakes region have through interaction adopted many customs and practices from neighbouring Southern Cushitic groups. The latter include the age set system of social organisation, circumcision, and vocabulary.

The Tugen social organisation centers on the age-set, or ibindo. There are seven age-sets (ibinwek) which are rotational, meaning at the end of one age-set new members of that generation are born. The order is roughly as given below. Among the some Kalenjin peoples, an age-set called Maina exists. However, among the Tugen, this age-set is extinct. Legend has it that the members of this ibindo were wiped out by the Keiyo, their cousins in war. For fear of a recurrence, the community decided to retire the age-set. Ibindo was given out at initiation and by

simple arrangements, there ought to be one ibindo between a father and a son. For example, a korongoro cannot beget a kipkoimet. The Tugen don't consider a woman to have an ageset, hence she can marry any ageset except that in which her father belongs. The Tugen say "ma tinyeiibinkorko" which means a woman has no age-set.

Tugen use proverbs and wise sayings in most of their daily life. Mostly proverbs are used during ceremonies like Birth, Circumcision, Marriage and death. They were used to give inspiration, for learning purpose, for warning those who are deviant in the community among others.

Examples of such proverbs used by Tugen community are:-

1. Mapatientisiantany

Kiswahili: N'gombehaikosimadowadowa.

French: Une vache ne manque pas une tache.

English: A cow does not lack a spot.

Meaning: In every community there are bad and good people. People will differ in their character even if they are twins.

2. Yemetukonlakwakuyeitu

Kiswahili: Wekakibokoaribumto.

French: Spare' la tige butin l'enfant.

English: Spare the rod spoil the child.

Meaning: It's a responsibility of the whole community to work together and ensure that the children who are the next generation are thought well.

Tradition

Traditional Tugen society is the way of life that existed among the Kalenjin people prior to the advent of the colonial period in Kenya. By this time, the Tugen had been semi-nomadic pastoralists of long standing. They had been raising cattle, sheep and goats and cultivating sorghum and pearl millet before even they arrived in Kenya.

The Rift Valley territory as a whole was recognised as a geographic locality of Kalenjin and various Kalenjin sub-group had a similar set of classifications of geographic localities within their respective ethnic lands.

The *Kokwet* was the most significant political and judicial unit among the Tugen. The governing body of each kokwet was its *kokwet* council; the word *kokwet* was in fact variously used to mean the whole neighborhood, its council and the place where the council met.

Religion

Traditionally, like other Kalenjin people, the Tugen prayed to a God called *Asis* (which means 'sun'.) Most have converted to Christianity. Islam has flourished in the major towns and it was these towns that some Tugens convert into Islam and adopted Islamic names.

Kalenjin natural philosophy describes two principal deities, *Asis* and *Ilat*. Among the southern sections of the Kalenjin however there are three principal super-natural beings since *Ilat*'s dual

nature is identified as two separate deities, Ilet ne-mie and Ilet ne-ya. The Tugen three gods were:-

iv) *Asis*

Also commonly referred to as ChebetcheboChemataw (Daughter of the Day) shortened as Chebet, and as Cheptalel (The one who shines). He lives in the sky and is supreme, omnipotent and the guarantor of right. Among the Northern sections of the Tugen he is also commonly referred to as Tororut.

v) *Ilat/Ilet*

Ilat/Ilet is associated with thunder and rain. He is said to inhabit deep pools and waterfalls and that the rainbow are his discarded garments.

vi) *Ilet ne-mie and Ilet ne-ya*

Among the Tugen, Ilet ne-mie and Ilet ne-ya respectively are good and a bad thunder-gods. The crashing of thunder near at hand is said to be Ilet ne-ya trying to come to earth to kill people while the distant rumbling of thunder is Ilet ne-mie protecting man by driving away his name-sake. Forked lightning is the sword of Ilet ne-ya while sheet lightning is said to be the sword of Ilet ne-mie.

Food

Kimyet (ugali) made of millet; a vegetable relish and mursik have long been the staples of Tugen diet. These were supplemented with roast meat (usually beef or goat) and milk, sometimes mixed with cows blood. Fish was also part of the traditional diet though largely limited to residents bordering the Nyanza region.

Honey was highly sought after and was used in the preparation of mead, a tradition dating back to the last century B.C. Cultural influences beginning in the 19th century have led to changes to Kalenjin diet. Notably, the introduction of maize has led to kimyet being made primarily of maize in the present day.

Economic Activity

Traditionally, the Tugen were cattle keepers and the cow occupied a central part in their cultural lives, as meat, milk, currency, and dowry. Among the Kalenjin community they are known as the most resilient alongside the Pokot people since they live in harsh climatic conditions.



Tugen heard of cattle

WRITING OBJECTIVES

The objectives of this research on Tugen ethnic group are:

- i. To collect one hundred proverbs and wise sayings from the Tugen people, from the elders and their general community.
- ii. To translate these proverbs and wise sayings into English, Kiswahili and French, for reference by a wider group of readers.
- iii. To find Biblical parallels to complement the Christian point of view.

JUSTIFICATION

This will help people to enrich their communication skills by using these proverbs and wise sayings and finding their application in their real lives.

METHODOLOGY

The writer will research and collect Tugen proverbs and wise sayings from the Tugen community in Kenya. The teaching and a Bible parallel will be added to each. One hundred of these proverbs will then be recorded for translation into Kiswahili, English, and French and be published in a booklet.

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