

**A COLLECTION OF 100 OLUSAMIA (KENYA) PROVERBS AND WISE SAYINGS**



**By**

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Finally, my special thanks go to my family, my wife and children for their support during the period and friends who gave their valuable contribution towards the work.

## **DEDICATION**

I dedicate this work to my wife Marion Apondi.

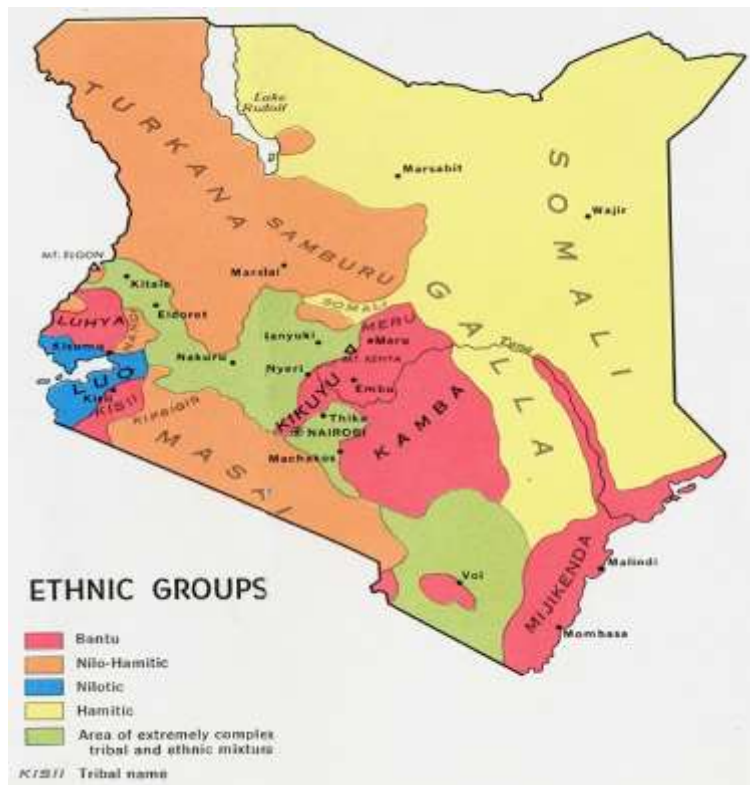
## INTRODUCTION

### Location

The Kenyan Samia speak *Saamia* or *Olusamia* dialect of the Luhya language, and they live in Western Kenya and Eastern Uganda. They are a Bantu ethnic community also known as *Abaluyia*, found in Kenya and Uganda. Before the advent of colonialism, they defined their boundaries based on occupation of territory by a community of people with a similar language, cultural traditions or under the leadership of a particular ruler or king. Their territory neighboured the Baganda, Basoga and Bagisu of present-day Uganda, and the Luo, Kisii, (Gusii) Teso, and Nandi of Present day Kenya. The territory occupied by the Bantu around Lake Victoria and to the north of Lake Victoria was known as Kavirondo.

The Luhya language is spoken in several distinct dialects. These are the Bukusu, Idakho, Isukha, Kabras, Khayo, Kisa, Maragoli, Marachi, Marama, Nyala, Nyole, Samia, Teso, Tachoni, Tiriki, Tsotso (Olutsotso) and Wanga. Busia districts (Both in Kenya and Uganda) and speak a dialect similar to the Luhya tribe in Kenya. However, on the Ugandan side there is a slight variation in the dialect spoken by the Samia of Southern Busia on the fringe of Lake Victoria and those of North Busia district closer to Tororo District. The former speak *Olusamia* while the latter speak *Olugwe*. The two dialects are difficult to differentiate by non-Samia speaking people but easily discernible by the natives.

### THE ETHNIC GROUPS OF KENYA AND THE ETHNOGRAPHIC LOCATION OF THE SAMIA IN KENYA



## **Myth of Origin**

The historical records indicate that they migrated into Kenya from North Africa in a kingdom they call Misri, (Egypt). They migrated because the soil on the land was poor dry soil and there was continuous drought. The most powerful centralized kingdom in what is now Kenya was founded by the Wanga. The Wanga would sometimes hire Maasai and Kalenjin mercenaries to fight for them. The Wanga incorporated most of the Luhya sub-ethnic groups, as well as territories to the east, southeast, west and southwest occupied by the Luo, Kipsigis, Nandi, and Masai.

## **Culture**

Samia speaking people love music which is played in their various ceremonies, which include marriage (*Obugole/ Obweya*), funeral and wrestling (*amalengo*). Their musical instruments include: A large violin-like wooden instrument called Adungu, a drum called Engalabe covered at one end with the skin of a monitor lizard, a flute called Erere and an instrument called Sikudi. The major traditional dances are *owaro*, *ekworo*, *eboodi* and *esikudi*. The *eboodi* and *ekworo* are love dances. *Owaro* and *esikudi* are performed when people are happy.

The Samia taught their culture to children in the evenings during a story-telling time as they had their evening meals. The elders and parents taught them the traditional community norms and moral values during story telling times, using riddles, proverbs and wise saying.

## **Two examples of Olusamia proverbs**

### **1. *Obukofu nengabo.***

**English:** Old is gold.

**Kiswahili:** Yakale ni dhahabu.

**French:** L'age est de l'or

**Teaching:** This proverb teaches us that wisdom comes with age. Therefore, when the elderly give advise it should be taken seriously because it can save someone from danger and misfortune.

### **2. *Omwekholera sikufuba.***

**English:** The early bird catches the worm.

**Kiswahili:** Ndege anaye rauka mapema ndiye hupata dudu.

**French:** L'oiseau qui reveille a bonne heure a une chance to gagner bien

**Teaching:** This proverb teaches us that we should be good time keepers so that we be productive people in our life.

They teach the children the different traditional dances and songs, which they carry over from one generation to another. During their grazing times, and circumcision periods, before marriage, the young men and women would also be taught more.

## **Religion**

The Samia traditionally worshiped an ancient god named *Were Khakaba*. When Christianity was first introduced among the Luhya in the early 1900s by Christian missionaries from Europe and America, the Luhya took the name of their traditional god, Nyasae, forgot about that idol, and

gave that name to the God of Christianity. The first Bible translation in a Luyia language was produced by Nicholas Stamp in the Wanga language. Osundwa says he did this translation in Mumias, the former capital of the Wanga kingdom of Mumia. There has been a strong Christian witness among the Luhya in the twentieth century.

A religious sect known as Dini ya Msambwa was founded by Elijah Masinde in 1948. They worship "Were," the Bukusu god of Mt. Elgon, while at the same time using portions of the Bible to teach their converts. They also practice traditional arts termed witchcraft. This movement originally arose as part of an anti-colonial resistance.

### **Economy**

They are composed of several clans and their ancient economic activities include fishing in Lake Victoria and other rivers such as River Sio crop farming (*ovurimi*), and animal farming (*ovutuki*). The main food for the Samia people like most Kenyans is ugali (made from maize flour/cornmeal) served with vegetables and meat of cattle, goat, fish or chicken hence food production in the region is targeted to meet this need. The lower counties of Vihiga, Kakamega and Busia grow substance crops of Maize on their low acreage plots, they raise chicken and keep cattle.

The Upper parts of Bungoma and the Kitale are growing large scale maize and produce milk from dairy cows. Fish farming is becoming very prevalent thus producing farm raised Tilapia for consumption. Busia, Mumias and lower Bungoma produce cassava and millets. There is normally a maize supply deficit in the production seasons of the year and a surplus supply during the harvest months resulting in very lower prices to producers during harvest and very high prices to consumers during production months. The producer and consumer may be the same person in different months.

The largest sugar production facilities in Kenya are located in the western region where the Luhya people predominantly live. Mumias Sugar Company, Kabras Sugar Company and Nzoia Sugar Company have their contract production zones in the Luhya peoples region hence sugarcane production is a key commercial enterprise. In Vihiga County and same areas of Kakamega county tea bushes are very visible making tea another key commercial crop grown in this region.

### **Political Structure**

On the onset of colonialism in Kenya, the Wanga were ruled by Nabongo Mumia. The Wanga kingdom was and is a derivative of the Baganda. It was the most powerful and centralized kingdom in the region. Other leaders among the Luhya were known as *Baami* (singular *Mwami*), a title translating to 'Kings' or 'Lords.'

Samia just as most other ethnic groups in Africa, defined their boundaries based on occupation of territory by a community of peoples with similar language, cultural traditions or under leadership of a particular ruler or king. On the onset of colonialism in Kenya, the Wanga were ruled by Nabongo Mumia. The Wanga kingdom was and is a derivative of the Baganda. It was the most powerful and centralized kingdom in the region. Other leaders among the Luhya were known as *Baami* (singular *Mwami*), a title translating to 'Kings' or 'Lords.'

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## A COLLECTION OF 100 OLUSAMIA (KENYA) PROVERBS AND WISE SAYINGS

### **1. Abasebe banyekana embadi.**

**Kiswahili:** Wanao hama hama walichekana vipara vyao.

**French:** Les peuples nomades riraient de mauvaises têtes du l'un sur l'autre.

**English:** Nomads laughed at one another's bade head.

**Teaching:** This proverb teaches us that we should not celebrate or ridicule other people's suffering but we should encourage each other so that we can overcome similar challenges.

**Bible parallel:** Romans 5:3-5 *"More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us."*

### **2. Andayi siye khola engwe**

**Kiswahili:** Boma nzuri sio boma yako.

**French:** Une belle maison n'est pas la tienne.

**English:** A good home is not your home.

**Teaching:** This saying is used in the Samia community to show the need of embracing a good family as an important unit in the community. It is not easy to build a good family but it takes sacrifice. We should emulate those who have established stable homes.

**Bible parallel: proverbs 11:29** *"Whoever troubles his own household will inherit the wind, and the fool will be servant to the wise of heart."*

### **3. Akhuchira eria atakhufwire**

**Kiswahili:** Ni afadhali kuenda kwenye ndoa ingine kuliko kufa.

**French:** Mieux vaut aller à un autre mariage que mourir.

**English:** Better go for another marriage than to die.

**Teaching:** This proverb is used to warn people not to sacrifice beyond their ability. There should be a limit, because too much sacrifice can lead to harm to oneself. It encourages partners to treat each other with dignity and not with disrespect because they place a significant role in the community. If you realize your life is threatened, leave the relationship.

**Bible parallel:** 1 Corinthians 10:24 *"Let no one seek his own good, but the good of his neighbor."*

Romans 13:8-10 *"Owe no one anything, except to love each other, for the one who loves another has fulfilled the law. For the commandments, "You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet," and any other commandment, are summed up in this word: "You shall love your neighbor as yourself." Love does no wrong to a neighbor; therefore love is the fulfilling of the law."*

### **4. Amakhino amalayi kakhunyola esiekenye.**

**Kiswahili:** Densi nzuri mara nyingi hupata mtu kama hajajiandaa.

**French:** Une bonne danse a toujours rencontré quelqu'un non préparé.

**English:** A good dance always gets one unprepared.

**Teaching:** This proverb is used to advice people to be prepared for any eventualities always. An opportunity presents itself once when we are least prepared. We should take that chance to establish ourselves in order to benefit and meet our goals. Good things come unexpectedly.

**Bible parallel:** Joshua 6:23 “So the young men who were spies went in and brought out Rahab and her father and her mother and her brothers and all she had; they also brought out all her relatives and placed them outside the camp of Israel.”

**5. Amachi kobuluo siketan`ga**

**Kiswahili:** Maji yalio nywewa kutoa kiu, hayauwi.

**French:** L'eau but pour terminer la soif, ne tue pas.

**English:** Water drunk to clear thirst does not kill.

**Teaching:** This proverb is used to warn people that doing a good deed with good intentions is acceptable. Some actions may be considered not to be appropriate but if we do them for the good of others then it will not be viewed negatively by the community.

**Bible parallel:** 1 John 5:17 “All wrongdoing is sin, but there is sin that does not lead to death.”

**6. Amakhino amabi siketa obwich dawe.**

**Kiswahili:** Densi mbaya, haiharibu mapenzi.

**French:** Une mauvaise danse, ne détruit pas l'amour.

**English:** Poor dancing does not destroy love.

**Teaching:** This proverb teaches us that when you don't know one thing, that doesn't mean that you are foolish but you are giving room to learn.

**Bible parallel: Proverbs 18:15** “An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.”

**7. Amachayi sikakhira amachi ama esiengwe nesiengwe.**

**Kiswahili:** Damu ni nzito kuliko maji.

**French:** Le sang est pesant que l'eau.

**English:** Blood is thicker than water.

**Teaching:** This proverb is used to advise people to value family bonds because they are the most important. In times of need, it is a family member who cares most for you than a stranger. Put the needs of your relatives first and be protective of them.

**Bible parallel:** Galatians 3:26-29 “for in Christ Jesus <sup>u</sup>you are all sons of God, through faith. <sup>27</sup> For as many of you as <sup>v</sup>were baptized <sup>w</sup>into Christ have <sup>x</sup>put on Christ. <sup>28</sup> <sup>y</sup>There is neither Jew nor Greek, there is neither slave <sup>z</sup>nor free, <sup>z</sup>there is no male and female, for you are all one in Christ Jesus. <sup>29</sup> And <sup>a</sup>if you are Christ's, then you are Abraham's offspring, <sup>b</sup>heirs according to promise.

**8. Amachai katulang`a khusalake**

**Kiswahili:** Damu umwagika mahali palipo katwa.

**French:** Le sang coule là qu'on a coupé.

**English:** Blood comes from a cut part.

**Teaching:** This proverb is used to teach us that in every action we take there are consequences, it may be positive or negative but we should focus in positive.

**Bible parallel:** Galatians 6:7-8 “Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.”

### **9. Amadete kabiri keta enda**

**Kiswahili:** Vidole viwili vilimuuu chawa.

**French:** Deux doigts ont tués le pou.

**English:** Two fingers killed a louse.

**Teaching:** This proverb is used to encourage joint efforts to achieve maximum results, because when you are alone you cannot be able to achieve much but when you put our efforts together we can achieve a lot.

**Bible parallel:** Ecclesiastes 4:9-12 *“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.”*

### **10. Amatwi kakhoya kava amadakho ndekhari rang`a**

**Kiswahili:** Ningetarajia masikio yangu yawe makalio yangu niyatumie kuketi.

**French:** J’aurais préféré bien utiliser mes oreilles comme mes derrières pour s’asseoir.

**English:** I would prefer my ears to be buttocks to use for sitting.

**Teaching:** This saying is used to refer to events that are dehumanizing like violence. This is because violence leads to destruction of property and loss of human life so it is not encouraged.

**Bible parallel:** Mathew 5:38-39 *“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also.”*

### **11. Buri esito siri nabalale basio**

**Kiswahili:** Kila soko lina chizi wake.

**French:** Chaque marche a son sot.

**English:** Each market has its mad men.

**Teaching:** This proverb is used to teach us that in every family there must be one individual that does not agree with the values of a family and every home has got its own challenges, but they are still family.

**Bible parallel:** Ephesians 6:4 *“Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.”*

### **12. Chenge khan`ga yebusia**

**Kiswahili:** Mara nyingi, mtu aliye koseam hua mwepesi wa kujitetea.

**French:** Normalement, celui qui commet une faute, a été toujours rapide à se défendre.

**English:** He who has made a mistake is always quick to defend himself.

**Teaching:** This saying is used while referring to people who like to lie a lot in order to defend themselves rather than stand for what is right and truthful.

**Bible parallel: Proverbs 6:16-19** *“there are six things that the Lord hates, seven that are an abomination to him: haughty eyes, a lying tongue, and hands that shed innocent blood, a heart that devises wicked plans, feet that make haste to run to evil, a false witness who breathes out lies, and one who sows discord among brothers.”*

**13. Chiri ewa beue ndayi chiokhubola ewawo chia khuhaya.**

**Kiswahili:** Wewe ni mshauri mzuri kwa majirani, ila kwako hauwezi kuweka usalama.

**French:** Tu es un bon conseiller aux voisins, mais tu ne peux pas contrôler et établir la paix chez toi.

**English:** You are a good adviser at neighbor's home while in your home you are unable to control it to make peace.

**Teaching:** This saying is used to warn people who are good at handling issues that affect their neighbors and yet they are not capable of addressing their own problems in their homes. We should learn to organize our own lives so that we can organize others too.

**Bible parallel:** Proverbs 11:14 *“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”*

*Proverbs 19:20 Listen to advice and accept instruction, that you may gain wisdom in the future.”*

**14. Ebarabara endayi sihayungwa edikho**

**Kiswahili:** Barabara nzuri haikosi shimo.

**French:** Une belle route ne manqué pas un trou.

**English:** A good road does not miss a pot hole.

**Teaching:** This proverb is used to warn people that even though we might be doing things right, we are prone to mistakes. Nothing is perfect in life. We should not be too sure of success because a hitch could come up and lead us to fail. We should be prepared with options to continue our endeavor and not fail.

**Bible parallel:** Isaiah 41:10 *“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”*

**15. Ebukeni sorirayo obukerai**

**Kiswahili:** Usile ugali iliyobakia ugenini.

**French:** Ne mange pas ugali de gauche à l'étranger.

**English:** Do not eat ugali left-over during a visit.

**Teaching:** This proverb is used to teach us that we should not talk about other people because we may not understand them, and we don't live with them. We should not discuss other people's issues; it is not our business.

**Bible parallel:** Luke 6:37-39 *“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”*

**16. Edayuwa eng`eni sikhori hirang`a ebukeni**

**Kiswahili:** Jogoo mgeni hawiki katika nyumba mpya. (ugenini)

**French:** Un coq ne chante pas dans une nouvelle maison. (à l'étranger)

**English:** A new cock does not crow in a new home.

**Teaching:** This proverb is used to teach us that we should not take authority or try to give instructions in a new environment because we do not know the way they handle issues. Let those who are resident take control, not a stranger.



**Bible parallel: Revelation 21:8** *“But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulfur, which is the second death.”*

**17. Edebe ekhaya rifuſang`a obuyoka obungi.**

**Kiswahili:** Mkebe mtupu hupiga kelele nyingi.

**French:** Un étain vide produit beaucoup de bruits.

**English:** An empty tin produces much noise.

**Teaching:** This is a proverb that means that those with the least talent and knowledge usually speak the most, speak the loudest, and create the most fuss—whatever that makes their presence felt as much as possible. We should use more positive ways to be noticed.

**Bible parallel: Romans 8:5** *“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.”*

**18. Efula yekanyirisia omwayi.**

**Kiswahili:** Mvua nzito ilimuonya mchungaji.

**French:** Une lourde pluie avertie le berger.

**English:** Heavy rain warned a shepherd.

**Teaching:** This proverb is used to warn us how we should be observant about issues that might affect us and take caution so that we don't regret later.

**Bible parallel: John 8:44** *“You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and has nothing to do with the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.”*

**19. Efuma simala obwadieri**

**Kiswahili:** Sifa haisemi ukweli.

**French:** Les louanges ne dissent la vérité.

**English:** Praises do not tell the truth.

**Teaching:** This proverb is used to warn people that we should not trust what other people say about us all the time. When we are praised and encouraged for some attribute, it may not be really truthfully said. Sometimes it may be for ridicule or to tease you.

**Bible 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.”*

**20. Egwena irichang`a esilake**

**Kiswahili:** Mamba hula hatima yake.

**French:** Le crocodile mange son destin.

**English:** A crocodile eats his fate.

**Teaching:** This proverb teaches us that perseverance is very important if you are to make your dreams and goals come to reality, because it takes time for you to be able to make your plans to happen. What is meant to be will be.

**Bible parallel: James1:12** *“Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.”*

**Romans5:3-5** *More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.”*

**21.Enyang`a nenyingi chiahira obwoya bwa eng`ombe**

**Kiswahili:**Siku ni nyingi kuliko za ng`ombe.

**French:**Les jours sont nombreux que ceux de vaches.

**English:**Days are many than for the cow.

**Teaching:** This saying is used in referring to people who might live long that through the years they live to gain wisdom and experience from the challenges they faced in life.

**Bible parallel: James1:5** *“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.The way of a fool is right in his own eyes, but a wise man listens to advice.”*

**22.Enyang`a efula ya namadoa irikauba.**

**Kiswahili:**Siku moja mvua ya El nino itakunyeshea.s

**French:** Un jour la pluie d’El nino, tombera sur toi.

**English:**One day El nino rain will rain on you.

**Teaching:** This proverb is used to encourage people not to give up on their dreams when challenges come and tend to ruin their plans. Challenges pass, and better days come.

**Bible parallel: Collossians3:23** *“Whatever you do, work heartily, as for the Lord and not for men,1Thessalonians4:11-12And to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you, so that you may walk properly before outsiders and be dependent on no one.”*

**23.Endayi siilondwang`amwo**

**Kiswahili:** Neno nzuri halirudiwi.

**French:** Un bon discours n’est pas repete.

**English:** A good speech or word is not repeated.

**Teaching:** This proverb teaches that good things do not need an advertisement to know their value. You can be able to know the value of something by first looking at it. When something is good, people appreciate it automatically and do not need to be reminded.

**Bible parallel:1peter1:18-19***“Knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.”*

**24.Enyang`a yondi chirikhuhubanirakho**

**Kiswahili:** Siku moja utapa matokeo ya vitendo vyako.

**French:** Un jour tu recevras les conséquences de tes actes.

**English:** One day you will face the consequences of your actions.

**Teaching:** This proverb is warning us against making bad decisions in life because there are consequences and some may not be reversible. We should be cautious always.

**Bible parallel:** Ephesians 4:22-24 *“To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”*

**25. Enjuha ikwire musisabo**

**Kiswahili:** Nyoka alianguka kwenye chungu.

**French:** Le serpent a été jeté dans la garde.

**English:** The snake has dropped into the guard.

**Teaching:** This saying is used to remind us to solve issues that touch your family with restrained and carefully so that you don't tear the family apart. Don't make things worse than they were before.

**Bible parallel:** Ephesians 5:15-17 Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.

**26. Endolo chibula obwami**

**Kiswahili:** Usingizi hauna mfalme.

**French:** Le sommeil n'a pas roi.

**English:** sleep has no king.

**Teaching:** This saying is used to refer to sleep being very powerful to an extent that no one can control it even the most powerful people. Some things cannot be controlled by anyone and therefore, we should let life take its course.

**Bible parallel:** Matthew 11:28-30 *“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

**27. Efulu yakerera ong'eke**

**Kiswahili:** Samaki mdogo hushauri samaki mkubwa.

**French:** Le petit poisson conseil le grand poisson.

**English:** Small fish advice the big fish.

**Teaching:** This proverb is used to warn those who are in power not to use their positions to oppress the subjects or the people they lead but to be servant leaders. Subordinates also can provide beneficial input to the authority and we should never undermine their intelligence or ability.

**Bible parallel:** Mark 10:42-45 *“And Jesus called them to him and said to them, “You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. But it shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”*

**28. Eng'ira siborera okenda**

**Kiswahili:** Barabara haimwambii msafiri kilicho mbele.

**French:** La route ne dit pas au voyageur ce qui est devant.

**English:** The road does not tell the traveler what lies ahead.

**Teaching:** This proverb is used to warn us that as we continue to live, we might not know what life might bring but to be prepared for any eventuality. Nobody can predict about the future.

**Bible parallel:John14:6** “*Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”*”

### **29.Enjala iker a wachia a vetera mao.**

**Kiswahili:** Njaa inaweza kukupeleka mahali ambapo mama yako aliuliwa.

**French:**La famine peut t’amener jusqu’à la place que ta mère a été tuée.

**English:** Hunger can take you to the place where your mother was murdered.

**Teaching:** This proverb teaches us that desperation can make you to do the unimaginable things, which might be very painful and unforgettable. We can take risks in life to make sure we achieve our objectives, even if there are repercussions which will not be pleasant.

**Bible parallel:** Psalms91:14-16 “*Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. With long life I will satisfy him and show him my salvation.*”

### **30.Endauhi eyiri ambi niyo eyitanga enjuha**

**Kiswahili:** Fimbo iliyo karibu humuua nyoka.

**French:** Le bâton qui est tout proche, qui tue le serpent.

**English:** The nearest stick kills the snake.

**Teaching:** This proverb teaches us the need of using whatever resources we have at hand to address challenges that might come our way. It doesn’t matter the size but how effective and creative you can be to address the challenges.

**Bible parallel: Revelation3:11** “*Am coming soon. Hold on to what you have, so that no one will take your crown.*”

### **31.Emony nekhuwa**

**Kiswahili:** Mnong’ono ni neno litemwalo.

**French:** Le chuchotement est un mot parle.

**English:** A whisper is a spoken word.

**Teaching:** This proverb teaches us that every kind action you take has its results. One does not have to shout to be understood by others. Doing things discreetly may have a bigger impact. Actions and less talk may carry a greater message than talking.

**Bible parallel:** Luke6:35“*But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.*”

### **32.Embusi yiri nenjala yanang`a.**

**Kiswahili:** Mbuzi mwenye njaa hutoa sauti.

**French:** La chèvreaffamée produit se cris.

**English:** A hungry goat produces sound.

**Teaching:** This proverb is used to teach us that every deed or action we take there are results that come with it, they can be positive or negative depending on the action.

**Bible parallel:** James 1:23-25 *“For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.”*

### **33.Embwa enjibi yesikang`a omukongo**

**Kiswahili:** Mbwa wa mwizi huwa tayari kubweka.

**French:** Le chien appartient au voleur, a été toujours prêt d’abois.

**English:** A dog that belongs to a thief is always ready to bark.

**Teaching:** This proverb teaches that birds of the same feathers flock together which means that people of the same common interest and behavior will always understand and support each other. They influence each other and work as a team.

**Bible parallel:** Proverbs 22:1 *A good name is to be chosen rather than great riches, and favor is better than silver or gold.*

### **34.Embwa ilindang`a musokony`alo kwa ng`ina mwana**

**Kiswahili:** Mbwa hufuata mamake kupiga magoti.

**French:** Le chien poursuit sa mère de se mettre à genou.

**English:** A dog follows the mothers kneeling.

**Teaching:** This proverb teaches that young people usually learn from their elders and through them we can learn what is positive and what is negative as well. For example children learn behavior from parents and carry it through their lives.

**Bible parallel:** Proverbs 1:5 *“Let the wise hear and increase in learning, and the one who understands obtain guidance.”*

### **35.Embwa sikonang`a khusito**

**Kiswahili:** Mbwa halali sokoni.

**French:** Le chien ne dort jamais au marché.

**English:** A dog does not sleep at the market place.

**Teaching:** This saying is used to teach us that as we work hard to make ends meet we should remember our responsibility and not neglect them as parents and children as well.

**Bible parallel:** 1 Corinthians 3:8 *“He who plants and he who waters are one, and each will receive his wages according to his labor.”*

### **36.Emborera nemborera sikhumarira obwa dieri**

**Kiswahili:** Methali ni methali, haijazi ukweli, waweza kuona na mecho yako meupe.

**French:** Le proverbe est proverbe, il ne remplit pas la vérité, tu peux voir avec tes yeux nus.

**English:** Saying is a saying it doesn't fulfil the truth, you must see with your naked eyes.

**Teaching:** This saying is used to a firm the need of people getting firsthand information through experiences so that it can be a learning lesson to other people as well.

**Bible parallel: Habbakuk3:2** “*O Lord, I have heard the report of you, and your work, O Lord, do I fear. In the midst of the years revive it; in the midst of the years make it known; in wrath remember mercy.*”

**37. Ekhasi yaula esacha**

**Swahili:** Maswala ya kinjisia ya wanawake hushinda ya wanaume.

**French:** Le féministe conquiert la masculinité.

**English:** Feminism conquers humanism.

**Teaching:** This saying is used to help us on the roles and responsibilities played by both men and women and there should not be one which dominate the other but work together for the benefit of the community.

**Bible parallel: Galatians3:28** “*There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.*”

**38. Ekhwi chibulanga ekokhole**

**Swahili:** Kuni uzaa jufu.

**French:** Le feu produit de la cendre.

**English:** Firewood begets ash.

**Teaching:** This proverb makes us learn that every action we take either positive or negative there are results, the outcome can be both negative and positive as well. This proverb brings the true bible verse that every tree will be known by its fruits.

**Bible parallel: Ephesians4:31-32** “*Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*”

**39. Ekhwi cha wetenyere chikhurisia omwesi**

**Kiswahili:** Umehasirika na moshi kutoka kwenye kuni ulizozikata peke yako.

**French:** Tu souffres de la fume provenant du bois que tu as coupe.

**English:** You suffer from smoke produced by firewood you fetched yourself.

**Teaching:** This proverb help us to know our roles as parents and how best we can play our roles so that we bring up an upright generations with good values, this is because children learn from us and the direction you give them will help or destroy them when they become adults.

**Bible parallel: Hebrews12:7-11** “*It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.*”

**40. Ekhari yowasio soyikonera olwiki nilwahaha.**

**Kiswahili:** Sherehe ya rafiki yako, isisabishe ulale mlango wazi.

**French:** La fête de ton ami ne fait pas que tu dormes la porte ouverte.

**English:** Your friend fate does not make you sleep with the door open.

**Teaching:** This proverb is used to encourage us that everyone has got its success within reach but it all takes consistency and appropriate action which will enable you to climb to success.

**Bible parallel: 1Kings 2:3** “*And keep the charge of the Lord your God, walking in his ways and keeping his statutes, his commandments, his rules, and his testimonies, as it is written in the Law of Moses, that you may prosper in all that you do and wherever you turn,*”

#### **41. Esibihirwe nesilie**

**Kiswahili:** Kama kengele ni muhimu siku moja, kwaiyo chakula kilicho ifadhiwa, kitaliwa siku ambayo kitaitajika sana.

**French:** Si la cloche sera un jour très importante, donc la nourriture dans l’entrepôt sera mangée le jour qu’on aura besoin le plus.

**English:** As a ring will be useful one day, so is the food that is stored will be eaten when needed most.

**Teaching:** This proverb teaches us the need of saving, because it will help when adversaries come our way like sickness or death.

**Bible parallel: Proverbs 13:11** “*Wealth gained hastily will dwindle, but whoever gathers little by little will increase it.*”

Proverbs 10:4-5 “*A slack hand causes poverty, but the hand of the diligent makes rich. He who gathers in summer is a prudent son, but he who sleeps in harvest is a son who brings shame.*”

#### **42. Esiye ikwichanga khu uria owa ikherere.**

**Kiswahili:** Inzi utua kwa mtu apendaye.

**French:** La mouche domestique descend sur qu’il aime.

**English:** A housefly lands on the one it loves.

**Teaching:** This proverb teaches us that success comes to those people who are working hard and strategically place themselves in the way for success.

**Bible parallel: Genesis 39:2** “*And Jehovah was with Joseph, and he was a prosperous man; and he was in the house of his master the Egyptian.*”

#### **43. Eswa chiakadirisia omweya.**

**Kiswahili:** Utamu wa mchwa ulisababisha bibi harusi ashikwe alipotoroka harusi yake.

**French:**

**English:** The sweetness of termites made the bride to be caught when she escaped from her marriage.

**Teaching:** This proverb teaches us to avoid behaviors which are done secretly because they will place you at a difficult situations in life.

**Bible parallel: Matthew 10:26-27** “*So have no fear of them, for nothing is covered that will not be revealed, or hidden that will not be known. What I tell you in the dark, say in the light, and what you hear whispered, proclaim on the housetops. And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.*”

#### **44. Eriani rioreka hirio rimalanga obusuma**

**Kiswahili:** Mchicha ulio zarauliwa umemaliza sahani ya ugali.

**French:** Les végétaux qu'on ignorait, a terminé une assiette de ugali.

**English:** The vegetables that was ignored finishes ugali on the plate

**Teaching:** This proverb teaches us that we should not undermine anyone because everyone is capable of improving their life, so our background should not hold us back to achieve our full potential..

**Bible parallel:** Mathew 7:1-5 *“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”*

#### **45. Ewe! basira mbere barrio!**

**Kiswahili:** Wewe! wewe utapatana na watu ambao hawana matiti wakati ujao.

**French:** Toi! Toi tu rencontreras avec les gens sans poitrines dans le future.

**English:** You! You will meet people without breasts in future.

**Teaching:** This saying is used in Saamia community to warn those people who doesn't heed to elders advice, they will face painful experiences when they go ahead to do what is not right or a taboo to the community.

**Bible parallel:** Proverbs 19:20-21 *“Listen to advice and accept instruction, that you may gain wisdom in the future. Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.”*

#### **46. Nandakerera yachia nako ebukhwe**

**Kiswahili:** Apuuzaye ushauri uenda nakinyesi nyumbani kwa baba mkwe wake.

**French:** Celui qui refuse de conseils, ira avec des excréments dans la maison de son beau-père.

**English:** He who refused to get advice went with feces at his father in law home.

**Teaching:** This proverb is used to warn young people that if they don't follow elders advice they might end up being unuseful people in the community because they will lack morals and no one will be able to associate with them.

**Bible parallel:** Exodus 19:21 *“And Jehovah said unto Moses, Go down, charge the people, lest they break through unto Jehovah to gaze, and many of them perish.”*

#### **47. Noburira mbu omukhana wa rebe hohuria**

**Kiswahili:** Ukisia umaarufu wa msichana wa mtu Fulani, ni mlo mzuri.

**French:** Lorsque tu entends la gloire de la fille de quelqu'un, c'est le repas à trois gouts.

**English:** If you hear the fame of somebody's daughter, it is from the diet.

**Teaching:** This proverb teaches us that every valuable thing that we see or have is all about hard work and consistency because nothing good comes easily.

**Bible 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.”*

#### **48. Nomwana okenda a hira ngina amakesi.**



**Kiswahili:**Mtoto anaye safirini mwenye hekima kuliko mamaye.

**French:**L'Enfant qui voyage est sage que sa mere.

**English:**A child who travels is wiser and more knowledgeable than the mother.

**Teaching:**This proverb teaches us that one who is open to new ideas can be able to improve his life and we should not be rigid to change if we are to learn from one another.

**Bible parallel:**Romans12:2 *“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.”*

#### **49.Nandakerera yombakha khu engira ya manani.**

**Kiswahili:**Kukataa ushauri, kulisababisha mtu kujenga nyumba kwenye miguu ya fisi.

**French:** Refus de conseils, a causé un home de construire sa maison sur le pas de l'hyène.

**English:**Rejecting people`s advice made a man to build his house on a hyenas path.

**Teaching:** This proverb teaches us that when you don't listen to elder's advice because they are a symbol of wisdom we may end up suffering or facing challenges in life.

**Bible parallel:** Proverbs11:14 *“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”*

#### **50.Njuyuhana yayia a meno.**

**Swahili:**Haraka haraka, haina Baraka.

**French:**Presser, presser n'a pas de benedictions.

**English:**Hurry hurry has no blessings.

**Teaching:**This proverb teaches us that when things are not done in a systematic manner or done in a hurry you may not achieve the intended results.

**Bible parallel:****Proverbs19:2** *“Desire without knowledge is not good, and whoever makes haste with his feet misses his way.”*

#### **51.Nokona omumayanu oba omutangane ewe omwene.**

**Kiswahili:** Unapopenda na msichana ambaye si mrembo, ni wewe uliye mkosea.

**French:** Lorsque tu tombes amoureux sur une fille laide, c'est toi qui l'as trompée.

**English:**If you fall in love with an ugly girl, it is you who have wronged her.

**Teaching:**This proverb teaches us to take responsibility for our bad actions and not to blame other for our inappropriate actions.

**Biblical parallel:****Romans12:3** *For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.*

#### **52.Nolonda esia eng`okho ilia sonyala olia eng`okh**

**Kiswahili:** Ukiona anachokila kuku, hauwezi kumla.

**French:** Lorsque tu vois ce que la poule mange, tu ne la mangeras pas.

**English:** If you see what a hen eats, then you will not eat it.

**Teaching:**This saying is used to help us learn that every good or sweet thing doesn't come easy it takes hard work and many efforts to make it good.

**Biblical parallel:****1Thesalonians4:11-12** *“And to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you, so that you may walk properly before outsiders and be dependent on no one.”*

**53. Obukofu neng`abo**

**Kiswahili:** Uzee ni zahabu.

**French:** La vieillesse est l'or.

**English:** Old is gold

**Teaching:** This proverb teaches us that old age is very valuable because it comes with experience and wisdom which are very key for a young growing person.

**Bible 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.”*

**54. Ochakira musiminyu yesika embiro**

**Kiswahili:** Anayeanza kukimbia, ukipimbia hata msimu wa jua.

**French:** Celui qui commence la course, courra même dans la saison sèche.

**English:** He who starts to run, should be ready to run even in dry season.

**Teaching:** This proverb teaches us never to give up or get worry of doing good because through the little efforts we put can make us achieve a lot in our life.

**Bible 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. Mathew 5:16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”*

**55. Obuyingire bwakera eng`ombe yeyakira omuuwa.**

**Kiswahili:** Uzaifu usababisha ngombe dume kutetemesha mdomo wake.

**French:** La paresse cause le taureau frissonne sa gueule.

**English:** Weakness made the bull use its mouth for grazing.

**Teaching:** This proverb is used to warn us of laziness, we should not entertain laziness because it leads to poverty and sufferings.

**Bible parallel: Proverbs 13:4** *“The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.*

*Proverbs 24:30-34 I passed by the field of a sluggard, by the vineyard of a man lacking sense, and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. Then I saw and considered it; I looked and received instruction. A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.*

*Proverbs 20:13 Love not sleep, lest you come to poverty; open your eyes, and you will have plenty of bread.”*

**56. Obwato bwechuhang`a namakala**

**Kiswahili:** Mashua huzama bandarini.

**French:** Le bateau noie au port.

**English:** The boat drowns at the harbour.

**Teaching:** This proverb is used to warn and encourage people to work hard until they achieve their goal or reach their destiny rather than to give up on the way.

**Bible parallel: proverbs 6:6-11** *“Go to the ant, O sluggard; consider her ways, and be wise. Without having any chief, officer, or ruler, she prepares her bread in summer and*

*gathers her food in harvest. How long will you lie there, O sluggard? When will you arise from your sleep? A little sleep, a little slumber, a little folding of the hands to rest.”*

### **57.Ofwa endia sakhiena**

**Kiswahili:**Anaye fariki kwa ulafi, moyo wake haipingi mioyo zingine.

**French:**Celui qui meurt à cause d’être glouton, son âme n’interrompt les autres.

**English:** Whoever die from excessive eating, their spirits do not interrupt others.

**Teaching:**This proverb is used to encourage hard work so that we can be able to accumulate wealth and share with the

**Bible parallel: Collosians3:33** *“Whatever you do, work heartily, as for the Lord and not for men,”*

### **58.Ofwire yesi amonywang`wa**

**Kiswahili:** Mfu unong’ona pia.

**French:** Le mort chuchote aussi.

**English:**The dead is also whispered of.

**Teaching:**This saying is used to refer to good things that one has done when he was alive or even after death he will still be remembered by his good gestures.

**Bible parallel: Ephesians4:28** *“Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.”*

### **59.Okisa malwaye mariro karikhubola**

**Kiswahili:** Ukificha ugonjwa, kifo kitafunua siri.

**French:** Si tu caches la maladie, la mort la révélera.

**English:** If you hide sickness, death will reveal.

**Teaching:**This proverb is used to warn us of doing things secretly because at the end of it all the truth will reveal itself.

**Bible parallel: Luke8:17** *“For nothing is hidden that will not be made manifest, nor is anything secret that will not be known and come to light.”*

### **60.Okhumanya olutambi lukera wahola ebingi**

**Kiswahili:** Kuishi kwingi, kuona mengi.

**French:** Lorsque tu vis beaucoup d’années, tu passes plusieurs défis.

**English:** Living for many years makes you undergo many challenges or meet many things.

**Teaching:** This saying is used to help us understand the challenges of life and how we can be a living testimony to encourage other people in the journey of life and faith as well from our experiences.

**Bible parallel: Joshua1:9** *“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”*

### **61.Okaniere yebirang`a osewere siyebirang`a**

**Kiswahili:**Anaye kunya usaau, bali anaye kanyaga kinyesi hicho hasaau kamwe.

**French:** Celui qui défèque oublie, mais celui qui piétine sur ces excréments n'oubliera jamais.

**English:** Whoever excreted forgot but whoever stepped on that feces never forgets.

**Teaching:** This proverb teaches us that when we face difficulty of calamity or death, other people might forget the ordeal but the victims will never forget about it. A scar never heals.

**Bible parallel: 1Corinthians 10:13** *“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”*

### **62. Okhwibula khuhira okhunja.**

**Kiswahili:** Kuzaa ni kuzuri Zaidi kuliko kunya.

**French:** Donner naissance, c'est meilleur que déféquer.

**English:** Giving birth is better than excreting.

**Teaching:** This proverb is used to teach us the need of adding value to other people who are around us.

**Bible parallel: 1Timothy 4:8** *For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.*

### **63. Okhufwimba khwe ehwe sikhukayira eng'ombe ong'wa amachi**

**Kiswahili:** Kelele za chura hazimzui ng'ombe kunywa maji.

**French:** Le cri de la grenouille n'empêche pas la vache de boire de l'eau de rivière.

**English:** The frog's cruelty does not defend the cow to drink water from the river.

**Teaching:** This proverb is used to teach us that as much as you can face life challenges the sun will still rise on the east, which means that some things are unchangeable.

**Bible parallel: James 1:2-4** *“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”*

### **64. Kwalulukha kwatomire**

**Kiswahili:** Ni vema kunyauka kuliko kufa.

**French:** Mieux vaut d'être fameux que de mourir.

**English:** Better to dry than to die

**Teaching:** This proverb is used when somebody has been ill and he has recovered from the prolonged illness and recovered fully.

**Bible parallel: John 1:3** *“All things were made through him, and without him was not any thing made that was made.”*

### **65. Kenda kala yola ebunyolo**

**Kiswahili:** Taratibu bali kwa umakini, msafari alifika hadi ujaluoni.

**French:** Petit à petit mais lisse, le voyageur arrive sur la terre de Luo.

**English:** A slow but steady walker reached Luo land.

**Teaching:** This proverb teaches us that when you are consistent in what you are doing and you keep the focus then you will eventually achieve your goal even though it might take longer period.

**Bible parallel: Luke 11:9-10** *“And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.”*

**66. Linda bunyite yaria nabakeni**

**Kiswahili:** Aliye subiri chakula wakati kilikuwapo mezani, alikila pamoja na wageni.

**French:** Celui qui attendait lorsque le repas était sur la table, mangeait avec les visiteurs.

**English:** The one who kept waiting when food was at the table ate with visitors.

**Teaching:** This proverb teaches us on persevere because when we don't lose hope we will harvest plenty of good things if we don't give up.

**Bible parallel: Romans 12:12** *“Rejoice in hope, be patient in tribulation, be constant in prayer.”*

**67. Olukhwi lwotenyere niluo lukhusamba**

**Kiswahili:** Kuni ulizozikata, ndizo za kuchoma.

**French:** Les bois de chauffage que tu as coupe, ils t'ont brulé.

**English:** The firewood you fetch is the one that burns you.

**Teaching:** This proverb teaches us that close friends we have around are the one who can turn against us and harm us.

**Bible parallel: John 16:13** *“When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.”*

**68. Omutorio kukhuyira mumubi**

**Kiswahili:** Ulafi ukupeleka kwenye shida.

**French:** L'avidite avilli.

**English:** Greed leads you in trouble.

**Teaching:** This saying is used to warn us of greed because it can cause us trouble.

**Bible parallel: Proverbs 28:25** *“A greedy man stirs up strife, but the one who trusts in the Lord will be enriched.”*

**69. Omwoyo omulayi kukera waria esikisirwe**

**Kiswahili:** Roho nzuri itakufanya ule vitu vilivyo jificha.

**French:** Un bon Cœur te fera manger de choses cachées.

**English:** A good heart will make you eat hidden things.

**Teaching:** This proverb is used to help us learn the virtue of humility because by being humble you will be able to achieve a lot.

**Bible parallel: 1 Peter 5:6** *“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,”*

**70. Omuriro kwendaya okwotera eyare**

**Kiswahili:** Moto kutoka kwenye mti maarufu kama Endaya, unakubidi kukaa mbali maana waweza kukuchoma.

**French:** Le feu d'un arbre bien connu comme Endaya, tu dois rester à distance parce qu'il peut te brûler.

**English:** Fire from special tree known as Endaya you should sit at a distance because it might burn you.

**Teaching:** This proverb is used to help us understand different personality, those who get angry fast can cause harm to you so you should learn to deal with different personality.

**Bible parallel: 1 Samuel 6:7** *“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.”*

### **71. Omwangu wokhuria atangira ng`a okhwesaba.**

**Kiswahili:** Mtu mlafi uosha mikono kabla ya wengine.

**French:** Une personne gourmande, lave ses mains avant les autres.

**English:** A fast eater washes his hand ahead of other.

**Teaching:** This saying is used to refer to people who are not practicing honest, this means those individuals who does things secretly and hoping that no one has seen then so that other people can be accused of the offence they have done.

**Bible parallel: Proverbs 19:1** *“Better is a poor person who walks in his integrity than one who is crooked in speech and is a fool.”*

**Proverbs 12:22** *“Lying lips are an abomination to the Lord, but those who act faithfully are his delight.”*

### **72. Omulosi alokhanga yong`one ne amanyi khang`a mulukong`o**

**Kiswahili:** Akimbiaye usiku, ukimbia peke yake, ila kila mtu kijijini umtambua.

**French:** Un coureur nocturne, le fait seul mais tout le monde dans le village le connait.

**English:** A night runner does it alone but every villager knows him.

**Teaching:** This proverb is used to warn people that every action you do in the dark or secretly will come to light and everyone will know about it.

**Bible parallel: Luke 12:3** *“Therefore whatever you have said in the dark shall be heard in the light, and what you have whispered in private rooms shall be proclaimed on the housetops.”*

### **73. Omukesi siyebekang`a yeng`ene**

**Kiswahili:** Mtu mwenye hekima hawezi kujinyoa.

**French:** Un homme sage ne peut pas se coiffer seul.

**English:** A wise person cannot shave his own hair.

**Teaching:** This proverb teaches us of co-existence because you cannot do all things alone, i.e. you cannot be a doctor and a patient at the same time

**Bible parallel: Romans 12:10** *“Love one another with brotherly affection. Outdo one another in showing honor. Galatians 6:2 Bear one another's burdens, and so fulfill the law of Christ.”*

### **74. Omomwana yeyere olwoba akalukhang`ayo**

**Swahili:** Mtoto akingoa uyoga, urudi tena maali pale siku nyingine.

**French:** Lorsque l'enfant déracine le champignon, il rentre sur la place un autre jour.

**English:** If a child uproots a mushroom he will go back to the same place next

day. **Teaching:** This saying is used to help us learn that we always like to be around

people who show interest in us just as you will always like to visit a place where there are good things.

**Bible parallel:***Hebrew10:24:25* “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.”

#### **75.Omukata abachirang`a embako.**

**Swahili:**Mkulima mzembe utalaumu jembe lake.

**French:**Un cultivateur paresseux blâme toujours sa houe.

**English:** A lazy farmer will always blame his hoe.

**Teaching:**This proverb warns us about laziness because this leads to poverty, so every lazy person will always blame other people whenever he fails.

**Bible parallel:***Proverbs26:13-16* “The sluggard says, “There is a lion in the road! There is a lion in the streets!” As a door turns on its hinges, so does a sluggard on his bed. The sluggard buries his hand in the dish; it wears him out to bring it back to his mouth. The sluggard is wiser in his own eyes than seven men who can answer sensibly.

#### **76.Omundu mulayi akhinan`ga mulwero lulala**

**Kiswahili:**Muongwana udansi mara moja pekee kwenye jukwaa.

**French:**Un gentilhomme danse une fois sur le podium.

**English:**A gentleman dances on the stage once

**Teaching:** This proverb teaches us that good people can be noticed from a distance because of their deeds.A good point is made only once.

**Bible parallel:***1Peter4:8-10* “Above all, keep loving one another earnestly, since love covers a multitude of sins. Show hospitality to one another without grumbling. As each has received a gift, use it to serve one another, as good stewards of God's varied grace.”

#### **77.Omusala muterere siwekhuyakho**

**Kiswahili:**Usipande kwenye uliolala.

**French:**Ne sotte pas sur un arbre penche.

**English:** Never climb on sleeper tree

**Teaching:**This proverb teaches us to always be careful on how you deal with different kind of people.

**Bible parallel:***Romans12:4-6* “For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith.”

#### **78.Omukhasi okenda areta enjala**

**Kiswahili:**Mwanamke ambaye uzurura bila kufanya kazi, uletea nymba yake njaa.

**French:** La femme qui marche sans travailler, amène la faim dans sa maison.

**English:**A woman who always walks without working brings hunger in a home.

**Teaching:** This saying is used to warn those people who are lazy and doesn't want to work and create wealth for their families but they wait for things to happen as they watch.

**Bible parallel:** *Proverbs14:23* “In all toil there is profit, but mere talk tends only to poverty.

**2Thelanonians3:11-12** *For we hear that some among you walk in idleness, not busy at work, but busybodies. Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living.”*

**79. Omukofu adirirang`a khusikaye.**

**Swahili:** Uzee utapatana na wewe mezani.

**French:** La vieillesse te rencontrera sur la table à manger.

**English:** Old age will catch up with you at the table or eating time.

**Teaching:** This proverb is used to teach us on the need of planning ahead so that you can be proactive rather than being reactive to situations.

**Bible parallel: Proverbs16:9** *“The heart of man plans his way, but the Lord establishes his steps.”*

**80. Omutumwa aniechang`a aniechang`a amomu.**

**Kiswahili:** Akubaliye kutumwa unya kinyesi chepesi, bali akataaye kutumwa unya kigumu.

**French:** Celui qui accepte d’être envoyé quelque défèquera des excréments légères, mais celui qui refuse en sortira les dur.

**English:** He who accepts to be sent somewhere excretes soft stool, but he who refuses to be sent excretes hard stool.

**Teaching:** This saying is used to help us understand the benefits of humility, because Through humility you can be able achieve a lot of things and also get a lot of support.

**Bible parallel: 1Peter5:5** *“Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.”*

**81. Omwekhorera sikufurang`a**

**Kiswahili:** Ndege ahamkaye mapema ushika mdudu.

**French:** L’oiseau qui se réveille très tôt, capture un ver.

**English:** The early bird catches the worm.

**Teaching:** This proverb teaches us on the need of creating wealth early a head of the rest by waking up and not lazy around because when you are lazy poverty will scroll at your door step.

**Bible parallel: 1Timothy4:10-12** *“Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.”*

**82. Omukeni yalala mwene dala**

**Kiswahili:** Mgeni alimuomba nduguye.

**French:** Le visiteur a demandé le frère.

**English:** The visitor requested the siblings.

**Teaching:** This proverb is used significantly to refer to trust, because older people trust children because they cannot get falls information from children as compared to adults.

**Bible parallel: Collosians3:9-10** *“Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.”*



**83. Omwikho kufunihire munya fukira**

**Kiswahili:** Mwiko uvunjika kipindi chakula bado kinapikwa.

**French:** Une louche se casse pendant que la nourriture est encore sur le pot.

**English:** A cooking stick breaks while food is still cooking on the pot.

**Teaching:** This saying is used significantly to apply when one gives up before accomplishing his goal.

**Bible parallel: Romans 12:11-12** *“Do not be slothful in zeal, be fervent in spirit, and serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer.”*

**84. Opilu yebula opilu**

**Kiswahili:** Unavuna ulicho kipanda.

**French:** Tu récoltes ce que tu as planté.

**English:** You reap what you planted.

**Teaching:** This proverb teaches us that for every action we take there are consequences and we should strive to do good that practicing evil.

**Bible parallel: Leviticus 19:9-10** *“When you reap the harvest of your land, you shall not reap your field right up to its edge, And neither shall you gather the gleanings after your harvest. And you shall not strip your vineyard bare; neither shall you gather the fallen grapes of your vineyard. You shall leave them for the poor and for the sojourner: I am the Lord your God”.*

**85. Oribukana nende esiaria a dunda amolu**

**Swahili:** Nenda taratibu, vinginevyo, utakutana na kilicho mkula adidas mapua.

**French:** Vas lentement, autrement, tu vas se croiser avec ce qui a mangé adidas le nez.

**English:** Go slow, otherwise you will meet with what ate Adidas nose.

**Teaching:** This proverb is used significantly referring to calamities which might come to you as a result of not taking advices.

**Bible parallel: Proverbs 11:14** *“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”*

**86. Otadubula emukulu nosiri odaya emwalo**

**Kiswahili:** Usiharibu maji kabla hauja chota.

**French:** Ne salis pas ‘l’eau de la source avant d’épuiser.

**English:** Do not spoil water at the source before you fetch at the back.

**Teaching:** This proverb is used to warn people who plan evil things towards their friends or relatives not knowing that the evils things they have planned will return back to them.

**Bible parallel: 1 John 3:8** *“Whoever makes a practice of sinning is of the devil, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil.”*

**87. Otia omukhulundu wayindira**

**Kiswahili:** Heshimu mwenzio kua jasiri ili uishi mda mrefu.

**French:** Respecte ton ami, un homme fort pour vivre longtemps.

**English:** Respect a fellow strong man to live longer.

**Teaching:** This saying is used to treat harmony with one another and not to disrespect other people based on gender or age but to treat them with dignity.

**Bible parallel: Mathew 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. Otekhoyera esiri ebusiba ghao losi harimo**

**Kiswahili:** Usheherekea kwa ajili ya kitu kilicho katikati ya bahari, rafiki yako pia anaweza kuwa ndani.

**French:** Ne réjouis pas de ce qui est dans la surface du lac, ton ami peut être aussi là.

**English:** Never celebrate what is in the middle of the lake, your relatives too might be on board.

**Teaching:** This proverb teaches us that we should not celebrate success before we achieve it or have it.

**Bible parallel: Proverbs 16:3** “*Commit your work to the Lord, and your plans will be established.*”

### **89. Otambiya nitania**

**English:** Don't wipe me before I finish long call.

**Kiswahili:** Usinisabai kabla sijamaliza kwenda haja kuu.

**French:** Ne me salues pas avant que je termine d'aller au grand-besoin.

**Teaching:** This proverb teaches us that when you are in a competition you should not undermine your competitor because you can be surprised by the outcome.

**Bible parallel: Romans 1:20** “*For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.*”

### **90. Oyo! nechikendera muchiyaya**

**Kiswahili:** Yule! Anatembea malishoni.

**French:** Celui-là! Marche sur le lieu des pâturages.

**English:** That one, walks in grazing animals.

**Teaching:** This saying is used to teach us that we should be careful to when we are in a dangerous ground which can cause you physical harm.

**Bible 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.”*”

### **91. Oyuyukhawa yaria ebibisi**

**Kiswahili:** Kuharakisha kwa weza sababisha mtu kula chakulakibichi.

**French:** Precipite peut causer quelqu'un de manger un repas cru.

**English:** Hurrying can make one eat raw food.

**Teaching:** This proverb is used to warn people who like to do things half-hazard to but to do things in appropriate manner.

**Bible parallel: 1 John 4:1-3** “*Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God, and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you heard was coming and now is in the world already.*”

### **92. Owakwekana yakuking`a**

**Kiswahili:** Yeyote akataaye kubeba kichwa, kama mabaki, hatimaye ubeba.

**French:** Celui qui refuse de porter la tête comme le reste, finalement il la porte.

**English:** Whoever refuse to carry the head as the remains eventually carries it.

**Teaching:** This proverb teaches us that as a leader we should be able to take leadership up front with its challenges.

**Bible parallel: Phillipians2:3** *“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves.”*

**Mathew20:25-28** *“But Jesus called them to him and said, “You know that the rulers of the Gentiles lord it over them, and their great ones exercise authority over them. It shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be your slave, even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”*

### **93. Owasio akhawiburira.**

**Swahili:** Mwenzi amekuzalia mtoto.

**French:** Ton camarade a mis au monde pour toi.

**English:** A fellow gives birth for you.

**Teaching:** A child not related to you can help you when in need more than your own child.

**Bible parallel: Isiah41:10** *“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”*

### **94. Owasio ne sikumba sikhufwira.**

**Swahili:** Mwenzi ushindana na fuvu la kuzaliwa si rahisi kutambua ama haiwezi vunjika.

**French:** Ton camarade est un lutteur ne avec une crane qui n'est pas facile à identifier même la casser.

**English:** A fellow wrestler skull born is not easy to identify neither can it be broken.

**Teaching:** This proverb teaches us that when you have a vision or a goal, nothing can come between you to deny you your life goal but to stay focused all through.

**Bible parallel: Phillipians3:12-14** *“Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”*

### **95. Owatebe yola**

**Kiswahili:** Yeyote ambaye kuoneshwa njia ili afike aendako, ataoneshwa aendako.

**French:** Celui qui demande le chemin pour qu'il atteigne son destin, on le montrera.

**English:** Whoever ask for a path to reach his destination will always be directed.

**Teaching:** This saying is used to help us learn the importance of leaving with harmony with other people because they will help you when you are in trouble.

**Bible parallel:Romans12:16-18** *“Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all.”*

**96.Siwima omwana yakharie simiwa omukufu yaria**

**Kiswahili:Unachokatalia mtoto atakila, hata kile mtu mzima alikula.**

**French:**Ce que tu dénies a l'enfant de manger, il le manger, même ce que le vieux a mangé avant.

**English:**What you denies a child, he will eat, and an aged man had eaten it before.

**Teaching:**This proverb teaches us that wisdom comes with age and young people should learn from the elderly as they make decisions in life.

**Bible parallel:Proverbs3:13-18** *Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are ways of pleasantness, and all her paths are peace.*

**97.Watereka latao niye awakeka mao.**

**Kiswahili:**Hata kama unamdharau baba yako, atabaki kuwa baba yako hadi mwisho wake.

**French:**Même si tu négliges ton père, il est encore ton père jusqu'à la fin.

**English:**Even if you despise your father,he still remain your father till the end of time.

**Teaching:**This saying help us to learn the virtueof respecting our parents because it is a demand from God as well as our community.

**Bible parallel: Ephesians6:1-4***“Children, obey your parents in the Lord, for this is right. “Honor your father and mother” (this is the first commandment with a promise), “that it may go well with you and that you may live long in the land.” Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.”*

**98.Watanya amabere eri eng`okho enyingi**

**Kiswahili:** Usimwage mpunga mahali panapo kuku wengi.

**French:**N'étale pas tes riz là où il y a beaucoup de poules.

**English:**Do not spread your millet where there are many hens.

**Teaching:**This proverb help us to learn how we can have good communication skills by Learning to keep secretsand knowing what to say where and how.

**Bible parallel: Proverbs11:13** *“Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered.”*

**99.Wecha khulia**

**Swahili:** Yule ambaye uja kula mchele wakati umeandaliwa.

**French:**C'est lui qui vient manger après le riz qu'on a préparé.

**English:** The one who come to eat after the mill has been prepared.

**Teaching:**This proverb is warning us not to wait for things to be prepared for us and we just come to feast or take credit on what we`ve not worked for.

**Bible parallel: Proverbs6:6-8**“Go to the ant, O sluggard; consider her ways, and be wise. Without having any chief, officer, or ruler, she prepares her bread in summer and gathers her food in harvest.”

**100. Wecha khulia**

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## SUMMARY

Collection of Olusamia proverbs has been interesting. It was educative, experimental and challenging as well. My collection was done at Manyala village in Busia County, a border region between Kenya and Uganda. The view of the Lake Victoria and River Nzoia were great physical sites and tourist sites. The breeze from the lake was all I needed to refresh me from a 13 hour journey. After sharing a meal of fish and Ugali with my collaborator Consolata Nabwire, it was a good moment to spend time with her neighbor who was a community elder. He entertained us by telling us stories of how the Saamia settled at the border. In his conversation I would hear him use some proverbs. We sat around a small bonfire with his grand children and their friends. We visited several homesteads in that village because it had many elderly men and women, who gave us many proverbs. They were such generous people. I ate so much fish that I miss it to this day.

The collection of these Olusamia proverbs and wise saying did not come without a share of challenges. Accessibility to other homesteads was not easy because they are scattered over a wide region. We had gone there during a rainy season and the muddy roads were not easy to maneuver. Communication with the intended elders was not easy either because they could only speak in Olusamia and a little Swahili. However, my collaborator was quite helpful because she spoke the language fluently. I had to leave her there after a week because I had to report back to work. After several weeks we were finally able to complete the collection of more than 100 proverbs and wise sayings.

## CONCLUSION

The Samia people incorporate basic human values in their daily life using their proverbs and wise sayings. They use them daily in their conversations, to educate, inform and encourage good parenting skills in the community. Through the entrenchment of the core human values in their culture and lifestyle each member of the community knows their roles and to safeguard it for the benefit of future generations.

Each member of the community understands their role towards ensuring that basic human values are safeguarded and enforced. To reinforce these values they hold annual cultural events that are help the community members to remind themselves and to learn key values which they pass on from generation to generation. The value of stable family unions through **marriage** is expressed in the Proverb no. 2 “A good home is not your home.” (*Andayi siye khola engwe*). It is used to show the need for embracing a stable family life because it is a strong pillar of creating strong and stable communities. It is not easy but it takes sacrifice.

**Respect** for other people’s **wisdom** and experience is encouraged by the Proverb no. 27 which indicates that “Small fish advice the big fish” (*efulu yakerera ong’eke*.) This proverb is used to warn those who are in power not to use their positions to oppress their subjects or the people they lead. Subordinates also can provide beneficial input to the authority and we should never undermine their intelligence or ability. This proverb is also used to encourage the need for equality among members of the community. They should all get the opportunity to share their knowledge, skills and abilities.

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## **RESEARCH PROPOSAL FOR COLLECTION OF SAMIA(KENYA) PROVERBS AND WISE SAYINGS.**

By  
Gabriel Odhiambo (Kenya)

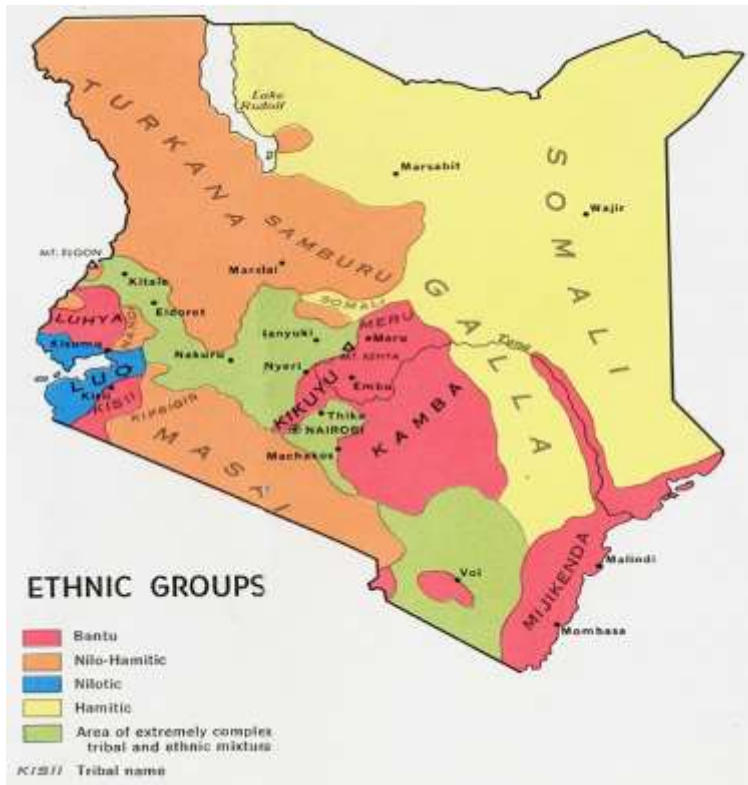
### **Location**

The Kenyan Samia speak *Saamia* or *Olusamia* dialect of the Luhya language, and they live in Western Kenya and Eastern Uganda. They are a Bantu ethnic community also known as *Abaluyia*, found in Kenya and Uganda. Before the advent of colonialism, they defined their boundaries based on occupation of territory by a community of people with a similar language, cultural traditions or under the leadership of a particular ruler or king. Their territory neighboured the Baganda, Basoga and Bagisu of present-day Uganda, and the Luo, Kisii, (Gusii) Teso, and Nandi of Present day Kenya. The territory occupied by the Bantu around Lake Victoria and to the north of Lake Victoria was known as Kavirondo.

The Luhya language is spoken in several distinct dialects. These are the Bukusu, Idakho, Isukha, Kabras, Khayo, Kisa, Maragoli, Marachi, Marama, Nyala, Nyole, Samia, Teso, Tachoni, Tiriki, Tsotso (Olutsotso) and Wanga. Busia districts (Both in Kenya and Uganda) and speak a dialect similar to the Luhya tribe in Kenya. However, on the Ugandan side there is a slight variation in the dialect spoken by the Samia of Southern Busia on the fringe of Lake Victoria and those of North Busia district closer to Tororo District. The former speak *Olusamia* while the latter speak *Olugwe*. The two dialects are difficult to differentiate by non-Samia speaking people but easily discernible by the natives.

### **THE ETHNOGRAPHIC LOCATION OF THE SAMIA IN KENYA**





### Myth of Origin

The historical records indicate that they migrated into Kenya from North Africa in a kingdom they call Misri, (Egypt). They migrated because the soil on the land was poor dry soil and there was continuous drought. The most powerful centralized kingdom in what is now Kenya was founded by the Wanga. The Wanga would sometimes hire Maasai and Kalenjin mercenaries to fight for them. The Wanga incorporated most of the Luhya sub-ethnic groups, as well as territories to the east, southeast, west and southwest occupied by the Luo, Kipsigis, Nandi, and Masai.

### Culture

Samia speaking people love music which is played in their various ceremonies, which include marriage (*Obugole/ Obweya*), funeral and wrestling (*amalengo*). Their musical instruments include: A large violin-like wooden instrument called Adungu, a drum called Engalabe covered at one end with the skin of a monitor lizard, a flute called Erere and an instrument called Sikudi. The major traditional dances are *owaro*, *ekworo*, *eboodi* and *esikudi*. The *eboodi* and *ekworo* are love dances. *Owaro* and *esikudi* are performed when people are happy.



*Traditional dancers from Samia preparing to dance during a marriage ceremony*

The Samia taught their culture to children in the evenings during a story-telling time as they had their evening meals. The elders and parents taught them the traditional community norms and moral values during story telling times, using riddles, proverbs and wise saying.

### **Two examples of Olusamia proverbs**

#### **2. *Obukofu nengabo.***

**English:** Old is gold.

**Kiswahili:** Yakale ni dhahabu.

**French:** L'age est de l'or

**Teaching:** This proverb teaches us that wisdom comes with age. Therefore, when the elderly give advise it should be taken seriously because it can save someone from danger and misfortune.

#### **2. *Omwekholera sikufuba.***

**English:** The early bird catches the worm.

**Kiswahili:** Ndege anaye rauka mapema ndiye hupata dudu.

**French:** L'oiseau qui reveille a bonne heure a une chance to gagner bien

**Teaching:** This proverb teaches us that we should be good time keepers so that we be productive people in our life.

They teach the children the different traditional dances and songs, which they carry over from one generation to another. During their grazing times, and circumcision periods, before marriage, the young men and women would also be taught more.

### **Religion**

The Samia traditionally worshiped an ancient god named *Were Khakaba*. When Christianity was first introduced among the Luhya in the early 1900s by Christian missionaries from Europe and America, the Luhya took the name of their traditional god, Nyasae, forgot about that idol, and gave that name to the God of Christianity. The first Bible translation in a Luyia language was produced by Nicholas Stamp in the Wanga language. Osundwa says he did this translation in Mumias, the former capital of the Wanga kingdom of Mumia. There has been a strong Christian witness among the Luhya in the twentieth century.

A religious sect known as Dini ya Msambwa was founded by Elijah Masinde in 1948. They worship "Were," the Bukusu god of Mt. Elgon, while at the same time using portions of the Bible to teach their converts. They also practice traditional arts termed witchcraft. This movement originally arose as part of an anti-colonial resistance.

### **Economy**

They are composed of several clans and their ancient economic activities include fishing in Lake Victoria and other rivers such as River Sio crop farming (*ovurimi*), and animal farming (*ovutuki*). The main food for the Samia people like most Kenyans is ugali (made from maize flour/cornmeal) served with vegetables and meat of cattle, goat, fish or chicken hence food production in the region is targeted to meet this need. The lower counties of Vihiga, Kakamega and Busia grow substance crops of Maize on their low acreage plots, they raise chicken and keep cattle. The Upper parts of Bungoma and the Kitale are growing large scale maize and produce milk from dairy cows. Fish farming is becoming very prevalent thus producing farm raised Tilapia for consumption. Busia, Mumias and lower Bungoma produce cassava and millets. There is normally a maize supply deficit in the production seasons of the year and a surplus supply during the harvest months resulting in very lower prices to producers during harvest and very high prices to consumers during production months. The producer and consumer may be the same person in different months.

The largest sugar production facilities in Kenya are located in the western region where the Luhya people predominantly live. Mumias Sugar Company, Kabras Sugar Company and Nzoia Sugar Company have their contract production zones in the Luhya peoples region hence sugarcane production is a key commercial enterprise. In Vihiga County and same areas of Kakamega county tea bushes are very visible making tea another key commercial crop grown in this region.

Chicken is a delicacy among the Luhya people hence it is a small leap from raising subsistence chickens to commercial chicken. Contract hog production is practiced since Farmers Choice Ltd provides an assured market.

While everyone speaks their language, food and commercial farming are very unifying endeavors, the language or dialect people speak do not define what they grow or raise – economics and proximity to market determine that.

### **Political Structure**

On the onset of colonialism in Kenya, the Wanga were ruled by Nabongo Mumia. The Wanga kingdom was and is a derivative of the Baganda. It was the most powerful and centralized kingdom in the region. Other leaders among the Luhya were known as *Baami* (singular *Mwami*), a title translating to 'Kings' or 'Lords.'

Samia just as most other ethnic groups in Africa, defined their boundaries based on occupation of territory by a community of peoples with similar language, cultural traditions or under leadership of a particular ruler or king. On the onset of colonialism in Kenya, the Wanga were ruled by Nabongo Mumia. The Wanga kingdom was and is a derivative of the Baganda. It was the most powerful and centralized kingdom in the region. Other leaders among the Luhya were known as Baami (singular Mwami), a title translating to 'Kings' or 'Lords.'

### **Prominence in History**

1. Dr.Patrick Mangheni-Mathematician, Uganda Christian University, formerly with Makerere Univesity.
2. Sam Odaka-Former Foreign Minister of Uganda (1964-1971).
3. Benjamin Joseph Odoki-Former Chief Justice of the Republic of Uganda from 2001 until 2013.

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## **WRITING OBJECTIVES**

The objectives of this research are:

1. To collect a hundred proverbs and wise sayings from the Samia ethnic group.
2. To translate these proverbs and wise sayings into English for the youth and other literate people to be wise.
3. To help people to enrich their communication skills by using these proverbs and wise sayings from the Samia people.
4. To facilitate religious teachings using them, and show the relationship to the locally understood sayings and proverbs.

## **METHODOLOGY**

The writer will interview Samia elders and other people with good understanding of the proverbs and wise sayings. He will record them for translation into Kiswahili, English and French, and publish a booklet.

## **BUDGET**

<u>Expenses</u>	\$
Typing and printing	\$100
Binding	\$ 80
Transport	\$200
Miscellaneous	\$120
<b>TOTAL</b>	<b>\$ 500</b>